

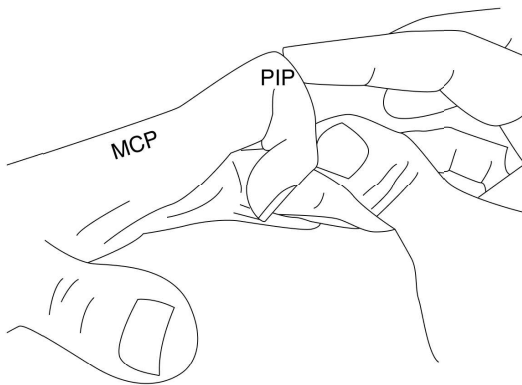
Bunnell Littler Test

Patient's name: Helen Roberts Gender: Female Age: 78

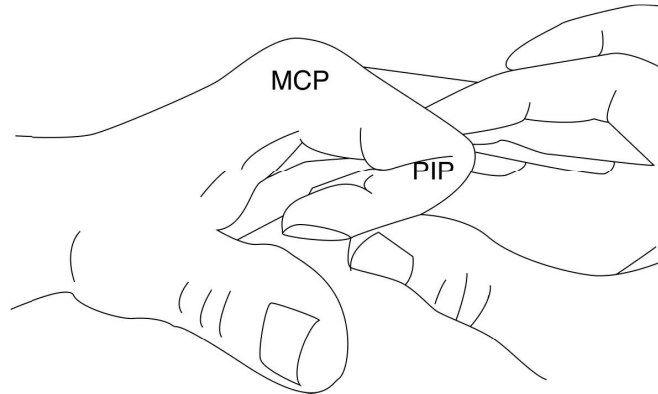
Examiner: Laura Evans Date: Nov. 6, 2024

Test procedure

1. Hold the metacarpophalangeal (MCP) joint in a passively extended position.
2. Passively flex the proximal interphalangeal joint (PIP) and note the available range. (Position 1)
3. Repeat the test, but this time, flex the MCP joint before flexing the PIP. (Position 2)
4. Compare motion between the two positions.



Position 1



Position 2

Results and interpretation

- ☐ **Negative:** There are no restrictions to range of movement of both MCP and PIP.
- ☒ **Positive:** There are restrictions to the range of movement:
 - ☒ **Lumbrical muscle tightness:** PIP flexion is limited when MCP is extended, but range of motion increases with the MCP joint flexed.
 - ☐ **Capsular restriction at the PIP joint:** PIP flexion range of motion is restricted in both positions.

Additional notes

Helen displayed limited PIP flexion when the MCP joint was extended, which improved significantly when the MCP joint was flexed. This indicates lumbrical muscle tightness rather than capsular restriction. Based on these findings, we'll proceed with targeted stretching exercises for lumbrical tightness and follow up in four weeks to reassess range of motion and discomfort.

Konin, J. G., Lebsack, D., Alison Snyder Valier, & Isear, J. A. (2016). *Special tests for orthopedic examination*. Slack Incorporated.

Memorize Medical. (2022, January 21). *Bunnell Littler Test (made ridiculously easy)*. YouTube. <https://www.youtube.com/watch?v=jR0T3oISPMS>