

Bunnell Littler Test

Name: _____ Date: _____

The Bunnell Littler Test is a simple and quick physical examination that evaluates the integrity and strength of the tendons in the fingers.

Instructions

1. Hold the metacarpophalangeal (MCP) joint in an extended position.
2. Passively flex the proximal interphalangeal joint (PIP) and note the available range.
3. Repeat the test with the MCP joint flexed.
4. Compare motion between the two tests:
 - If no change in motion, capsular restriction at the PIP joint is implicated.
 - If motion increases with the MCP joint flexed, lumbrical muscle tightness is implicated.

Findings

Additional Notes