

Cozen's Test

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The Cozen's Test is a physical examination maneuver used to assess the strength and function of the extensor muscles of the wrist and fingers, specifically the extensor carpi radialis brevis muscle. This test is often used to diagnose lateral epicondylitis, also known as tennis elbow.

Instructions

1. First, introduce yourself to the patient and explain the purpose of the Cozen's Test.
2. Ask the patient to sit comfortably in a chair or on an examination table.
3. Have the patient make a fist with their affected hand and place their forearm on the table with their palm facing down.
4. Stand next to the patient and locate the lateral epicondyle of the humerus (the bony bump on the outer side of the elbow).
5. Place your thumb on the lateral epicondyle and your fingers on the back of the patient's hand.
6. Ask the patient to extend their wrist against resistance while you apply pressure to the back of their hand.
7. Apply enough pressure to the hand to elicit a response from the patient, but not so much that it causes pain.
8. Observe the patient's response to the test. If they experience pain or weakness in the lateral aspect of the elbow, this can indicate inflammation or injury to the extensor carpi radialis brevis muscle.
9. Repeat the test on the patient's unaffected arm for comparison.

Reminders

- Remember to perform the test on both the affected and unaffected arms for comparison to assess any differences.
- The Cozen's Test is just one tool in the diagnostic process and should be used in conjunction with other tests and assessments to arrive at an accurate diagnosis.
- Pay close attention to the patient's response during the test, including any pain or weakness in the lateral aspect of the elbow, which may indicate an issue with the extensor carpi radialis brevis muscle.
- Record the results of the Cozen's Test accurately in the patient's medical records for reference and documentation purposes.

Additional Notes