

# Elbow Flexion Test For Cubital Tunnel Syndrome

Date: \_\_\_\_\_

Patient's Name: \_\_\_\_\_

Examiner's Name: \_\_\_\_\_



Image courtesy of Bellarmine University

## Instructions:

1. Have your patient in a standing or sitting position.
2. Ask your patient to flex their elbows maximally and supinate their forearms.
3. Afterward, ask your patient to extend the wrist fully.
4. Have the patient hold the position for 3-5 minutes.

## Test Result:

Positive Test if:

- Your patient feels a tingling or numbness along the ulnar nerve root.

## Patient's Results:

- Positive
- Negative

## Additional Notes: