

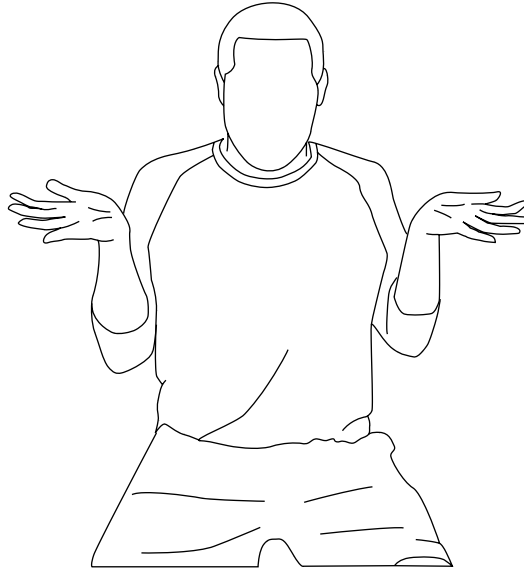
# Elbow Flexion Test

Name: \_\_\_\_\_ Age: \_\_\_\_\_

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

## Test procedure

1. Ensure the patient is either standing or sitting with arms in the anatomical position.
2. Maximally flex the patient's elbows.
3. Maximally supinate the forearms.
4. Place the wrists into extension.
5. Maintain this position for up to 3 minutes.



## Test findings

- Positive test:** Reproduction of pain, tingling, or numbness along the distribution of the ulnar nerve.
- Negative test (normal response):** No reproduction of symptoms

## Additional notes

## Examiner information

Name: \_\_\_\_\_ Title: \_\_\_\_\_

Signature: \_\_\_\_\_

Ccedseminars. (2017, November 3). *Elbow flexion test for cubital tunnel syndrome*. YouTube. [https://www.youtube.com/watch?v=mF3bUpeQfzs&ab\\_channel=Ccedseminars](https://www.youtube.com/watch?v=mF3bUpeQfzs&ab_channel=Ccedseminars)