

# Elson Test

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

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

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

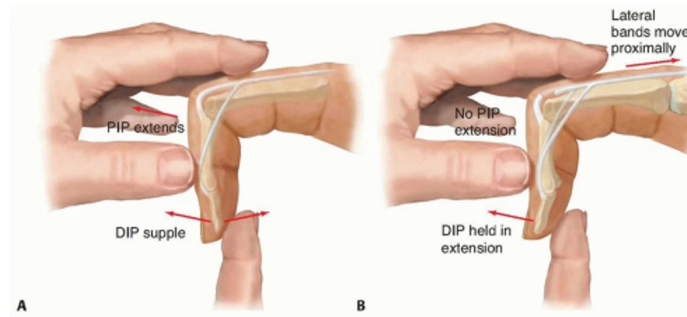


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## Instructions:

1. Have your patient's hand rested on a table. The edge of the table must align with the middle joint or the proximal interphalangeal (PIP) joint.
2. Place one of your fingers, preferably the pointer finger on the patient's middle phalanx or the area between the proximal interphalangeal (PIP) - middle joint - and distal interphalangeal (DIP) joint - end joint.
3. Keep your finger on the middle phalanx and ask your patient to extend their finger.

## Test Result:

Positive Test if:

- You feel a weakness when the patient extends.
- The finger past the DIP joint or end joint is hyperextended and rigid or taut.

Negative Test if:

- The finger past the DIP joint or end joint is floppy when moved.

## Patient Results

- Positive
- Negative

**Additional Notes**