

Hand Nerve Tests

Patient information	
Name:	Date of birth:
Contact number:	Date of assessment:
Symptom description	
Describe the symptoms that led to the hand nerve tests:	
Phalen's test	
<ol style="list-style-type: none">1. Ask the patient to sit or stand comfortably with their elbows at shoulder height.2. Instruct them to press the backs of both hands together so the wrists are fully flexed, forming an inverted prayer position.3. Ensure the fingers are pointing downward and wrists remain in maximum flexion.4. Instruct the patient to hold this position for up to 60 seconds.5. Monitor for any sensory changes during the hold.	
Positive: Tingling, numbness, or pain in the thumb, index, middle, or radial half of the ring finger indicates median nerve compression.	Negative: No symptoms or discomfort during or after the test.
Tinel's sign	
<ol style="list-style-type: none">1. Position the patient's hand and forearm so the nerve being tested is accessible (e.g., palm up for the median nerve, elbow flexed for the ulnar nerve).2. Identify the anatomical location of the nerve:<ol style="list-style-type: none">1. Median nerve: Over the carpal tunnel at the wrist2. Ulnar nerve: At the cubital tunnel (medial elbow)3. Use your fingertips or a reflex hammer to gently tap over the nerve site.4. Repeat the tap several times and observe the patient's facial expression and verbal responses.5. Ask the patient to describe any sensations experienced.	
Positive: A tingling or "electric shock" sensation radiating along the nerve's distribution indicates nerve irritation or regeneration.	Negative: No unusual sensation elicited with tapping.

Hand squeeze test

1. Ask the patient to relax their hand with fingers slightly spread.
2. Place your hand around the MCP joints (knuckles), encircling them just above the proximal phalanges.
3. Apply firm, even pressure to gently compress all the MCP joints simultaneously.
4. Ask the patient to report any tenderness, discomfort, or sharp pain during the squeeze.
5. Compare both hands if needed.

Positive: Tenderness or pain at the MCP joints may indicate synovitis or inflammatory joint disease (e.g., rheumatoid arthritis).

Negative: No pain or tenderness with compression.

Elson's test

1. Position the patient's hand, resting palm down on a flat surface (e.g., table edge).
2. Bend the PIP joint of the affected finger to 90 degrees, allowing the fingertip to hang off the edge.
3. Ask the patient to try to extend the middle phalanx (straighten the bent PIP joint) while you provide resistance just above the middle phalanx.
4. Observe the distal interphalangeal (DIP) joint during the effort.
5. Evaluate the strength of extension and any movement in the DIP joint.

Positive: Inability to extend the PIP joint against resistance and a rigid (fixed) DIP joint suggests a central slip rupture.

Negative: Full extension effort with a flexible DIP joint indicates a functional central slip.

Hand elevation test

1. Ask the patient to elevate both arms overhead, fully extending the elbows and keeping the wrists and fingers relaxed.
2. Maintain this position for up to 2 minutes.
3. Monitor for the onset of symptoms, particularly in the hands and fingers.

Positive: Tingling, numbness, or discomfort in the median nerve distribution suggests median nerve compression or carpal tunnel syndrome.

Negative: No symptoms occur during sustained elevation.

Carpal compression test

1. Position the patient with their forearm supinated and wrist in a neutral position.
2. Use your thumbs to apply firm, direct pressure over the carpal tunnel (just proximal to the wrist crease, between the thenar and hypothenar eminences).
3. Maintain pressure for 30 seconds.
4. Observe the patient for any symptoms.

Positive: Tingling, numbness, or pain in the median nerve distribution (thumb, index, middle, and radial half of the ring finger) suggests median nerve compression at the carpal tunnel.

Negative: No reproduction of symptoms with pressure.

Overall impression**Additional notes****Healthcare professional information****Name:****License ID:****Signature:****Date of assessment:**