

# Parkinson's Hand Tests

**Patient's full name:**

**Date accomplished:**

**Clinician's full name:**

## Finger Tapping Test

- Have your patient tap their thumb and index fingers as fast as possible.
- Before each tap, they need to separate their thumb and index finger as far as possible.
- Have them do this for ten seconds.
- Have them do this for both hands. One at a time.

## Comments

## Hand Grip Test

- Have your patient open and close their fists repeatedly.
- When they open their fists, they must spread their fingers as wide as possible before closing their fist again.
- Have them do this for ten seconds.
- Have them do this for both hands. One at a time.

## Comments

## Hand Pronation/Supination

- Have your patient flex their shoulder forward by 90 degrees.
- Have them extend their arm forward and keep it in that position throughout the test.
- While their arm is extended forward, have them pronate and supinate their hands repeatedly.
- Have them do this for ten seconds.
- Have them do this for both hands. One at a time.

## Comments