

Parkinson's Hand Test

Patient information

Patient's full name:

Date of birth:

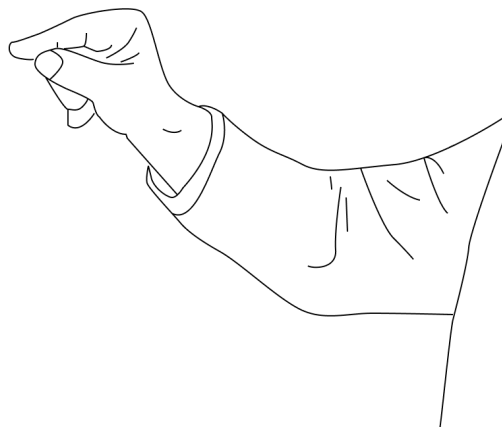
Age:

Medical history (if needed):

Symptoms:

Finger tapping test

1. Have your patient tap their thumb and index fingers as fast as possible. Note that before each tap, they need to separate their thumb and index finger as far as possible.



2. Have them do the first step for ten seconds.

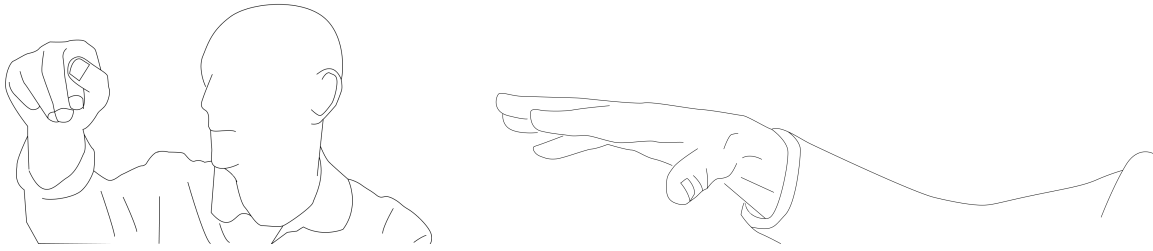
3. Have them do this for both hands, one at a time.

Positive: Positive for bradykinesia. The range of motion and/or speed reduce over time.

Negative: Negative for bradykinesia. The range of motion and speed remain consistent over time.

Hand grip test (Fist open-close)

1. Have your patient open and close their fists repeatedly.
2. 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.

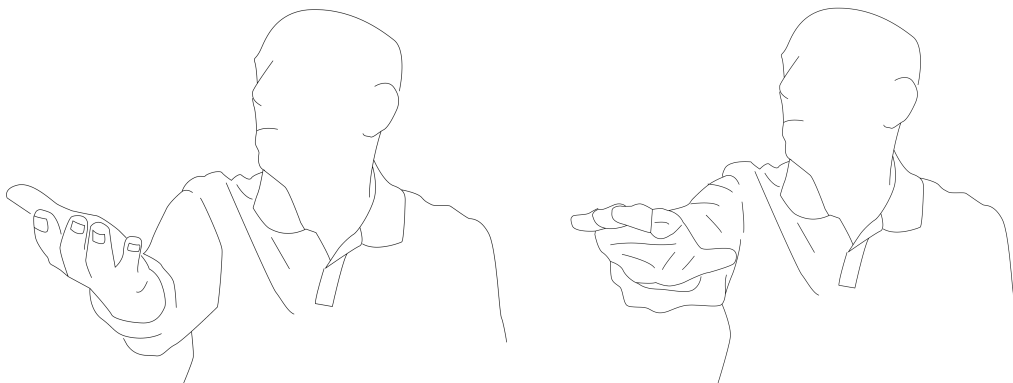
3. Have them do this for both hands, one at a time.

Positive: Positive for bradykinesia. The range of motion and/or speed reduce over time.

Negative: Negative for bradykinesia. The range of motion and speed remain consistent over time.

Hand pronation/supination

1. Have your patient flex their shoulder forward by 90 degrees.
2. Have them extend their arm forward and retain that position throughout the test.
3. While their arm is extended, have them pronate and supinate their hands repeatedly.



4. Have them do this for ten seconds.
5. Have them do this for both hands, one at a time.

Positive: Positive for bradykinesia. The range of motion and/or speed reduce over time.

Negative: Negative for bradykinesia. The range of motion and speed remain consistent over time.

Note: These hand tests are used to assess bradykinesia, a symptom present in nearly all patients with Parkinson's disease. Be sure to conduct additional tests to get the full picture of the patient's condition.

Additional notes

Clinician's name:

Clinician's signature:

Date: