

Scaphoid Fracture Test

Patient information

Name:

Assessment date:

Medical professional:

Medical ID:

History

Describe the event which has caused the injury, including the time since this event:

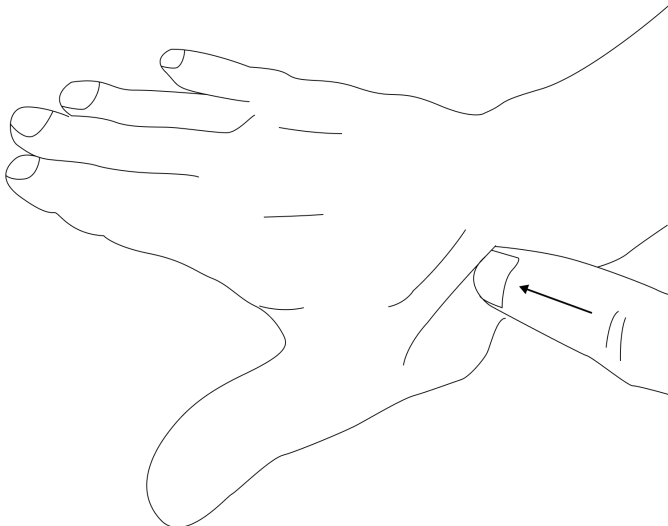
Describe the reason for clinical suspicion of scaphoid fracture:

Physical examination

Describe any observable symptoms of scaphoid injury, such as inflammation or swelling:

Instructions for anatomic snuffbox tenderness test

1. Instruct the patient to sit comfortably with the affected wrist pronated and elbow relaxed on a tabletop. They should then actively extend their thumb away from the fingers.
2. Locate the anatomic snuffbox, the triangular depression on the lateral aspect of the dorsal side of the wrist.
3. Apply gentle pressure to the anatomical snuffbox. Instruct the patient to report whether they feel any pain or discomfort during palpation.



A **positive** result is obtained when the patient complains of tenderness or pain when the anatomical snuffbox is palpated. This is consistent with scaphoid fracture.

A **negative** result is obtained when the patient does not experience pain localized to the anatomical snuffbox when it is gently palpated.

An **inconclusive** result is obtained if the patient exhibits mild tenderness or reports vague discomfort that does not clearly localize to the anatomical snuffbox.

Anatomic snuffbox tenderness:

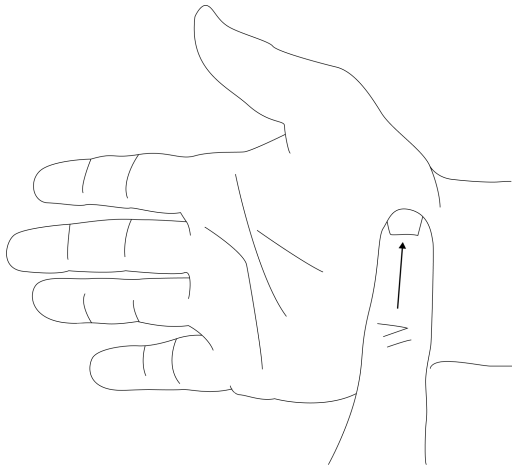
Positive

Negative

Inconclusive

Instructions for scaphoid tubercle tenderness test

1. Instruct the patient to extend their wrist with their arm supinated.
2. Stabilizing their wrist with one hand, locate the scaphoid tubercle (located at the base of the thenar eminence on the palmar surface of the hand)
3. Gently palpate the scaphoid tubercle. Instruct the patient to report any pain or tenderness at the site.



A **positive** result is obtained when the patient complains of tenderness or pain when the scaphoid tubercle is palpated. This is consistent with scaphoid fracture.

A **negative** result is obtained when the patient does not experience pain localized to the scaphoid tubercle when it is gently palpated.

An **inconclusive** result is obtained if the patient exhibits mild tenderness or reports vague discomfort that does not clearly localize to the scaphoid tubercle.

Scaphoid tubercle tenderness:

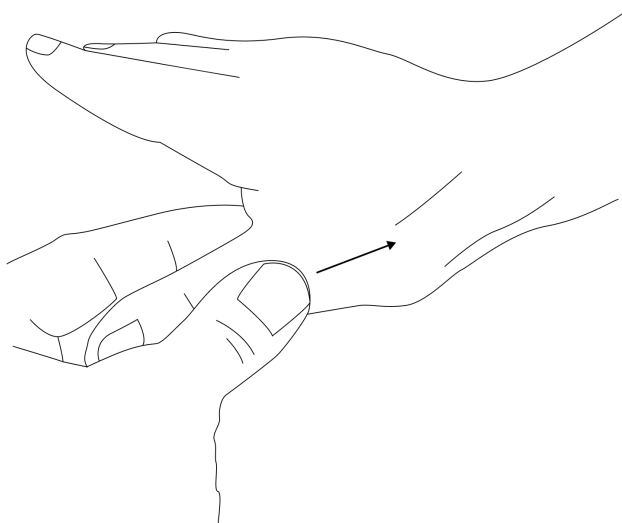
Positive

Negative

Inconclusive

Instructions for scaphoid compression test

1. Instruct the patient to extend their affected wrist. Stabilize the distal radius of the wrist with one hand.
2. With the other hand, hold the patient's thumb metacarpal in a key grip (between the length of the thumb and side of the index finger).
3. Apply longitudinal pressure down the thumb (towards the scaphoid) to compress the scaphoid.



A **positive** result is obtained when the patient complains of pain in the radial wrist with axial load applied through thumb metacarpal.

A **negative** result is obtained when the patient does not experience pain localized to the scaphoid or radial wrist with axial load applied through thumb metacarpal.

An **inconclusive** result is obtained if the patient exhibits mild tenderness or reports vague discomfort that does not clearly localize to the radial wrist.

Scaphoid compression tenderness:

Positive

Negative

Inconclusive

Referrals and recommendations

Additional notes

Note: This test is not a standardized method for screening or diagnosing scaphoid fractures. To accurately confirm or rule out a diagnosis, it is essential to utilize various imaging techniques, such as X-rays, computed tomography (CT) scans, or magnetic resonance imaging (MRI).