

Scaphoid Shift Test

Date:

Patient's Name:

Examiner's Name:



Instructions:

1. Have your patient in a sitting position facing you. Their elbow must be flexed and supported by a table while their forearm and hand are pointing up. The position is similar to an arm wrestling position.
2. Wrap your hand around the patient's wrist. Your thumb must be on the patient's scaphoid, palm side.
3. Place some pressure on their scaphoid.
4. Using your other hand, grasp the patient's metacarpals, palm side. You will use this hand to move the wrist.
5. Bend the hand towards you then extend it.
6. Afterward, radially deviate the wrist.
7. Finally, release the pressure your thumb is placing on the patient's scaphoid.

Test Results:

Positive Test if:

- Symptomatic pain is reproduced.
- A "click", "snap", or "thunk" can be felt or heard upon thumb removal.

Negative Test if:

- No pain was felt by the patient.
- Radial deviation is limited.
- The scaphoid pushes back on the thumb during deviation.

Patient's Results:

- Positive
- Negative

Additional Notes: