

Tinel's Test

Patient's Name: _____ Date: _____

Objective:

Tinel's Test is a valuable diagnostic tool healthcare professionals use to identify potential nerve compression or irritation, specifically involving the median nerve. This Test is most commonly employed in diagnosing carpal tunnel syndrome.

The following table outlines the steps for conducting Tinel's Test:

Step	Description
1	Position the patient comfortably with their forearm and wrist exposed, palm facing upward.
2	Locate the median nerve at the patient's wrist, approximately in line with the third digit.
3	Gently tap the median nerve using your fingertips or a reflex hammer.
4	Observe the patient's response to tingling, numbness, or pins-and-needles sensations.
5	Determine if the Test is positive or negative based on the patient's response.

Notes:

Result interpretation:

The results of Tinel's Test are interpreted based on the patient's reported sensations during the examination. Here is a summary of how to interpret the test results:

Positive Tinel's Test:

If the patient experiences tingling, numbness, or a pins-and-needles sensation that radiates into the thumb, index, middle, and lateral half of the ring finger upon tapping the median nerve, the Test is considered positive. A positive Tinel's Test suggests the presence of median nerve compression or irritation, which may indicate carpal tunnel syndrome or other neuropathic conditions involving the median nerve.

Negative Tinel's Test:

The Test is considered negative if the patient does not report any tingling, numbness, or pins-and-needles sensations in the fingers when the median nerve is tapped. A negative Tinel's Test indicates that there is likely no compression or irritation of the median nerve, making carpal tunnel syndrome or other median nerve compression disorders less likely.

It is important to remember that Tinel's Test is just one part of the diagnostic process. A positive or negative result should be considered along with other clinical assessments, the patient's history, and additional diagnostic tests to confirm or rule out carpal tunnel syndrome or other median nerve compression disorders.