## **Watson Test**

Patient name:	Sex:
Date of birth:	Age:
Examiner:	Date of test:
Medical history:	
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Procedure	
<ol> <li>Have the patient sit across from you with diagonally opposed hands raised (left to left or right to right) and elbows resting on the table between them.</li> <li>Place your thumb on the palmar prominence of the scaphoid and wrap your fingers around your patient's distal radius.</li> <li>With your other hand, stabilize the metacarpal level. This hand will be used to control the wrist position.</li> <li>While the ulnar is deviated, apply constant thumb pressure, and move their slightly extended wrist towards the radial side and into slight flexion.</li> <li>If the patient expresses pain or if you notice a palpable or audible "clunk" when releasing the thumb pressure, especially if compared to the contralateral hand, then the test is valued as 'positive'.</li> </ol>	
Results	
Positive: There is a palpable or audible "clunk" when releasing the thumb pressure, especially if compared to the contralateral hand.	
Negative: The scaphoid moves normally, pressing against the examiner's thumb during ulnar deviation of the wrist, and there is no pain reported.	
Additional notes:	

Schmauss, D., Pöhlmann, S., Weinzierl, A., Schmauss, V., Moog, P., Germann, G., Bickert, B., & Megerle, K. (2022). Relevance of the scaphoid shift test for the investigation of scapholunate ligament injuries. *Journal of Clinical Medicine*, *11*(21), 6322. <a href="https://doi.org/10.3390/jcm11216322">https://doi.org/10.3390/jcm11216322</a>