

General inspection

Postural abnormalities or deformities

Muscle wasting

Fasciculations

Abnormal movements

Tone

Flex and Extend hands at wrist

Flex and Extend arms at elbow

Rotate arm at shoulder

Power

Pronator drift – Ask patient to hold out arms straight with palms up and eyes closed.

Observe pronation or droop.

Shoulders abduction – Not and against force

Elbows flexion – Not and against force

Wrist flexion – Not and against force

Fingers flexion – Not and against force

Fingers extension – Not and against force

Fingers abduction – Not and against force

Fingers adduction – Not and against force

Thumbs abduction – Not and against force

Thumbs adduction – Not and against force

Coordination

Finger to nose test – Patient to touch their nose and then touch the tip of your finger a few times.

Rapid alternative movements at wrist – Patient to pronate and supinate their hand atop the dorsal opposite hand.

Tendon reflexes

Biceps (C5, C6)

Triceps (C7)

Brachioradialis (C5, C6)

Sensation – Light soft touch

Posterior aspect of the shoulders (C4)

Lateral aspect of upper arms (C5)

Tip of thumb (C6)

Tip of middle finger (C7)

Tip of little finger (C8)

Medial aspect of lower arms (T1)

Medial aspect of upper arms (T2)

Sensation – ‘Painful’ sharp touch

Posterior aspect of the shoulders (C4)

Lateral aspect of upper arms (C5)

Tip of thumb (C6)

Tip of middle finger (C7)

Tip of little finger (C8)

Medial aspect of lower arms (T1)

Medial aspect of upper arms (T2)

Sensation – Proprioception

Joint position sense – Ask patient to close eyes and flex and extend their index finger. The patient is to state if their finger is in the up or down position.

Other

Gait

Romberg’s test

