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| **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 and Romberg’s test |

