Examination of the Upper Limb

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Shoulder Examination

- **LOOK**

  - *From the front, side & above:*
    - Asymmetry, scars, deltoid wasting
    - SCJ or ACJ deformity
    - Joint swelling

  - *From behind:*
    - Rotator cuff wasting
    - Scapula shape e.g. winging
FEEL

- Always examine c-spine first
- SCJ to the ACJ & acromion
- Gtr & Lesser tuberosity, feel for rotator cuff defects
- Ant & post Glenohumeral joint
- Biceps tendon/bicipital groove
- Spine of scapula
MOVE

*Always examine the C-spine first!!*

- Move both arms @ same time. Active then passive
- Quick screening test: “Arms above the head and behind the back”
  - Flexion: 0 - 180°
  - Abduction: 0 - 180°
  - Int rotation: T4
  - Ext rotation: 70°
Special tests

- >20 described – NOT NECESSARY TO LEARN @ THIS POINT
Elbow Examination

- **LOOK**
  - Swelling, effusion, deformity, scars, muscle wasting, carrying angle

- **FEEL**
  - Tenderness over epicondyles, joint line, olecranon

- **MOVE**
  - Flex/Ext: 0 - 140°
  - Pronation/Supination: 80° each way
  - Collaterals
Hand examination

- Look
- *Expose whole forearm*
- Look at the:
  - Dorsum, palm
  - Muscles – thenar, hypothenar, first dorsal interossei
FEEL
- Ask for & feel tender area
- Muscles
- Swellings
- Palmar fascia
MOVE

- Make fist (active mass motion)
- Thumb: Opposition, Add, Abd, Flex, Ext
- Ext dig communis – Extend fingers MCPJ’s
- FDS, FDP
Sensory

- Autogenous zones:
  - Median nerve = Volar Index finger
  - Ulna nerve = Volar Little finger
  - Radial nerve = Over 1st dorsal interosseous muscle

- Superficial branch of median nerve – over thenar eminence

- Dermatomes – C6 = Thumb & Index finger; C7 = Middle finger; C8 = Ring & Little fingers
Neuro 2

- **Motor**
  - Median nerve
    - Test Abductor Pollicis Brevis
  - Ulna nerve
    - Open fingers against resistance
  - Radial nerve
    - Wrist extension
Misc for final MB

- Allens test
- 20 features of Rheumatoid hand