

ELBOW, FOREARM, WRIST & HAND WORKSHEET

Record your findings. Circle the findings that fall outside of normal parameters.

			ACTIVE RANGE OF MOTION	
			LEFT	RIGHT
	ACTIVE MOVEMENT	NORMAL	FINDINGS	FINDINGS
1.	FLEXION OF THE ELBOW Biceps brachii Brachialis Brachioradialis Pronator teres Supinator	150°		
		PAINLESS		
2.	EXTENSION OF THE ELBOW Triceps brachii Anconeus	0° to -15°		
		PAINLESS		
3.	PRONATION OF THE FOREARM Pronator teres Pronator quadratus	90°		
		PAINLESS		
4.	SUPINATION OF THE FOREARM Biceps brachii Supinator	90°		
		PAINLESS		

			ACTIVE RANGE OF MOTION	
			LEFT	RIGHT
	ACTIVE MOVEMENT	NORMAL	FINDINGS	FINDINGS
5.	FLEXION OF THE WRIST Flexor carpi radialis Flexor carpi ulnaris Palmaris longus Flexor digitorum superficialis Flexor digitorum profundus	80°-90°		
		PAINLESS		
6.	EXTENSION OF THE WRIST Extensor carpi radialis longus Extensor carpi radialis brevis Extensor carpi ulnaris Extensor digitorum Extensor indicis Extensor digiti minimi	70°-90°		
		PAINLESS		
7.	ULNAR DEVIATION OF THE WRIST Flexor carpi ulnaris Extensor carpi ulnaris	30°-45°		
		PAINLESS		
8.	RADIAL DEVIATION OF THE WRIST Extensor carpi radialis longus Extensor carpi radialis brevis Flexor carpi radialis Abductor pollicis longus Extensor pollicis brevis Extensor pollicis longus	15°		
		PAINLESS		

			PASSIVE RANGE OF MOTION	
			LEFT	RIGHT
	PASSIVE MOVEMENT	NORMAL	FINDINGS	FINDINGS
9.	FLEXION OF THE ELBOW <i>Limitation may be due to shortness in:</i> Triceps brachii Anconeus	150°		
		TISSUE STRETCH/ APPROXIMATION		
		PAINLESS		
10.	EXTENSION OF THE ELBOW <i>Limitation may be due to shortness in:</i> Biceps brachii Brachialis Brachioradialis Pronator teres Supinator	0° to -15°		
		BONE TO BONE		
		PAINLESS		
11.	PRONATION OF THE FOREARM (elbow extended) <i>Limitation may be due to shortness in:</i> Biceps brachii Supinator	90°		
		TISSUE STRETCH		
		PAINLESS		
12.	SUPINATION OF THE FOREARM (elbow extended) <i>Limitation may be due to shortness in:</i> Pronator teres Pronator quadratus	90°		
		TISSUE STRETCH		
		PAINLESS		

			PASSIVE RANGE OF MOTION	
			LEFT	RIGHT
	PASSIVE MOVEMENT	NORMAL	FINDINGS	FINDINGS
13.	FLEXION OF THE WRIST <i>Limitation may be due to shortness in:</i> Extensor carpi radialis longus Extensor carpi radialis brevis Extensor carpi ulnaris Extensor digitorum Extensor indicis Extensor digiti minimi	80°-90°		
		TISSUE STRETCH		
		PAINLESS		
14.	EXTENSION OF THE WRIST <i>Limitation may be due to shortness in:</i> Flexor carpi radialis Flexor carpi ulnaris Palmaris longus Flexor digitorum superficialis Flexor digitorum profundus	70°-90°		
		TISSUE STRETCH		
		PAINLESS		
15.	ULNAR DEVIATION OF THE WRIST <i>Limitation may be due to shortness in:</i> Extensor carpi radialis longus Extensor carpi radialis brevis Flexor carpi radialis Abductor pollicis longus Extensor pollicis brevis Extensor pollicis longus	45°		
		BONE TO BONE		
		PAINLESS		
16.	RADIAL DEVIATION OF THE WRIST <i>Limitation may be due to shortness in:</i> Flexor carpi ulnaris Extensor carpi ulnaris	15°		
		BONE TO BONE		
		PAINLESS		

MUSCLE LENGTH TESTS		NORMAL	LEFT	RIGHT
17.	BICEPS BRACHII pronate forearm extend elbow extend shoulder	45° OF SHOULDER EXTENSION WITH ELBOW EXTENDED		
		TISSUE STRETCH		
		PAINLESS		
18.	TRICEPS BRACHII flex elbow flex shoulder	ELBOW SHOULD POINT UP TOWARDS CEILING WITH FULL FLEXION AT THE ELBOW		
		TISSUE STRETCH		
		PAINLESS		
19.	PRONATOR TERES extend elbow supinate forearm	90° OF FOREARM SUPINATION		
		TISSUE STRETCH		
		PAINLESS		
20.	PRONATOR QUADRATUS flex elbow supinate forearm	90° OF FOREARM SUPINATION		
		TISSUE STRETCH		
		PAINLESS		
21.	SUPINATOR extend elbow pronate forearm	90° OF FOREARM PRONATION		
		TISSUE STRETCH		
		PAINLESS		
22.	EXTENSOR DIGITORUM, EXTENSOR INDICIS PROPRIUS AND EXTENSOR DIGITI MINIMI flex digits into a fist flex wrist	80° -90° OF WRIST FLEXION WITH MP, PIP & DIP JOINTS FLEXED		
		TISSUE STRETCH		
		PAINLESS		

MUSCLE LENGTH TESTS		NORMAL	LEFT	RIGHT
23.	EXTENSOR CARPI RADIALIS LONGUS extend elbow flex wrist ulnar deviate wrist	80° -90° OF WRIST FLEXION AND 45° OF ULNAR DEVIATION WITH THE ELBOW EXTENDED		
		TISSUE STRETCH/ BONE TO BONE		
		PAINLESS		
24.	EXTENSOR CARPI RADIALIS BREVIS flex elbow flex wrist ulnar deviate wrist	80° -90° OF WRIST FLEXION AND 45° OF ULNAR DEVIATION WITH THE ELBOW FLEXED		
		TISSUE STRETCH/ BONE TO BONE		
		PAINLESS		
25.	EXTENSOR CARPI ULNARIS flex elbow flex wrist radially deviate wrist	80° -90° OF WRIST FLEXION AND 15° OF RADIAL DEVIATION		
		TISSUE STRETCH/ BONE TO BONE		
		PAINLESS		
26.	FLEXOR DIGITORUM SUPERFICIALIS extend wrist extend MPs and PIPs	70° -90° OF WRIST EXTENSION WITH MPS AND PIPS EXTENDED		
		TISSUE STRETCH		
		PAINLESS		
27.	FLEXOR DIGITORUM PROFUNDUS extend wrist extend MPs, PIPs and DIPs	70° -90° OF WRIST EXTENSION WITH MPS, PIPS AND DIPs EXTENDED		
		TISSUE STRETCH		
		PAINLESS		

MUSCLE LENGTH TESTS		NORMAL	LEFT	RIGHT
28.	FLEXOR CARPI RADIALIS extend elbow supinate forearm extend wrist ulnar deviate wrist	70°-90° OF WRIST EXTENSION WITH 45° OF ULNAR DEVIATION		
		TISSUE STRETCH/ BONE TO BONE		
		PAINLESS		
29.	FLEXOR CARPI ULNARIS extend wrist radially deviate wrist	70°-90° OF WRIST EXTENSION WITH 15° OF RADIAL DEVIATION		
		TISSUE STRETCH/ BONE TO BONE		
		PAINLESS		