AAPA/ AAOS Musculoskeletal Galaxy

Upper Extremity and Cervical Spine Physical Exam Techniques

June 10-14, 2023 Austin, Tx

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2023 Musculoskeletal Galaxy

Austin, TX

Upper Extremity Physical Examination (Hand/Wrist/Elbow)

Lindsay Portz, PA-C

June 10-June 14

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PHYSICAL EXAM

- Inspection
- Palpation
- Range of Motion
- Neurovascular Examination
- Special Tests

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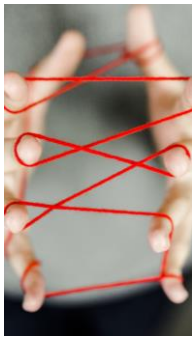
HAND/Wrist/elbow PHYSICAL EXAM- **INSPECTION**

- Lacerations
- Atrophy
- Abrasions
- Edema
- Deformities
- Erythema/Drainage
- Incision sites
- Masses



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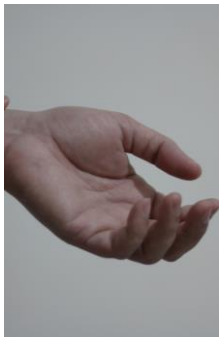

HAND/wrist PHYSICAL EXAM-**Palpation**

- Common areas patients may have tenderness:
  - Distal Radius
  - Snuffbox
  - Scapholunate interval
  - First carpometacarpal joint (CMC joint)
  - A1 pulley of the flexor tendons
  - Proximal Interphalangeal joint (PIP) joint
  - Distal Interphalangeal joint (DIP) joint
  - Triangular Fibrocartilage Complex (TFCC)
  - Radial/Ulnar collateral Ligaments of the fingers
  - First Extensor Dorsal Compartment
  - DRUJ

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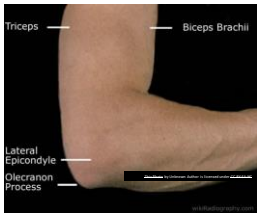
Elbow Physical Exam- **Palpation**

- Medial Epicondyle
- Lateral Epicondyle
- Olecranon/Olecranon bursa
- Distal biceps tendon
- Radial head
- Common Extensor Muscles
- Brachial artery
- Triceps insertion



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HAND PHYSICAL EXAM- Range of motion (ROM)

- Check for active and passive ROM. Check for ability to make a full composite fist.
  - **Finger Normal ROM**
- MCP: 0° extension to 85° of flexion
- PIP: 0° extension to 110° of flexion
- DIP: 0° extension to 65° of flexion
- Thumb MCP: 0° extension to 55°
  - of flexion (widely variable)
- Thumb IP: +15 hyperextension to 80 °
  - of flexion
  - Abduction and Adduction

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wrist PHYSICAL EXAM- Range of motion (ROM

- Check for active and passive ROM.

Wrist Normal ROM

- Extension: 80 degrees
- Flexion: 70 degrees
- Ulnar Deviation: 30 degrees
- Radial Deviation: 20 degrees

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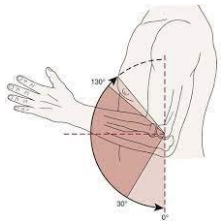
Elbow PHYSICAL EXAM- Range of motion (ROM)

- Check for active and passive ROM.
- Check for mechanical blocks and crepitus.
  - **Elbow Normal ROM**
- Extension 0 degrees
- Flexion 130-140 degrees
- Supination 80-90 degrees
- Pronation 80-90 degrees
- *functional: 50 degrees pronation, 50degrees supination
- *functional extension/ flexion: 30-130 degrees



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Elbow physical exam- **Strength Exam**

- •Flexion, C5-C6
  - •Full supination (biceps)
  - •Neutral (brachioradialis)
- •Extension (triceps), C7-C8
- •Supination (biceps), C6
- •Pronation (flexor-pronator mass),C7-C8
- •Wrist Extension (ECRL, ECRB, ECU), C6-C8
- •Wrist Flexion (FCR, FCU), C6-C8

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ELBOW PHYSICAL EXAM- **REFLEX TESTING**

- Biceps Reflex –C5
  Nerve: Musculocutaneous n.
  - Segment: C5-C6
- Brachioradialis Reflex-C6
  - Nerve: Radial n., Musculocutaneous
  - Segment: C5-C6
- Triceps Reflex –C7
  - Nerve: Radial n.
  - Segment: C7-C8

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HAND PHYSICAL EXAM-**Neurovascular examination**

Median nerve

- Location: Carpal Tunnel
- Tests: Tinel, Phalen, Durkan test
- Median nerve provides sensation to the thumb, index, middle, and radial half of the ring finger.

Ulnar Nerve

- Location: Guyon Canal/Medial Epicondyle
- Tests: Tinel test directly over nerve, Froment's test, Wartenburg's test, Resisted finger abduction

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HAND PHYSICAL EXAM-Neurovascular examination

Superficial sensory radial nerve
- Location: Radial Styloid
- Tests: Tinel Test

Radial and ulnar artery
- Location: At volar wrist
- Tests: Palpate the pulse of each artery, check for capillary refill to digits, and Allen test for dominance/perfusion

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Elbow/wrist PHYSICAL EXAM-Neurovascular examination

Brachial artery
- Location: medial brachium
- Palpate pulse

Posterior interosseous Nerve
- Location: Test strength distally at wrist and hand
- Tests: Resisted wrist extension, finger extension, thumb extension

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Elbow PHYSICAL EXAM-Neurovascular examination

Radial nerve
- Location: triceps
- Tests: resisted elbow extension

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Hand/Wrist Physical exam- Special Tests

- Carpal Tunnel Syndrome
- Ulnar Neuropathy/Cubital Tunnel Syndrome
- Scapholunate Ligament Injury/Instability
- DeQuervain's Tenosynovitis
- Scaphoid Fracture
- Triangular Fibrocartilage Tear
- Extensor Tendon Central slip rupture or lacation
- Radial/Ulnar Artery Injury, Thrombosis or Dominance
- Trigger Finger

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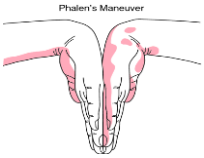
SPECIAL TESTS:
CARPAL TUNNEL SYNDROME

TESTS:
1. TINEL'S SIGN
2. PHALEN'S TEST
3. DURKAN'S TEST



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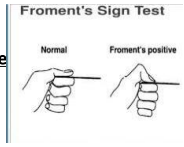
Special tests:
ulnar Neuropathy/ cubital tunnel syndrome

TESTS:
1. Tinel's Sign
2. Froment's Sign
3. Wartenburg's Sign



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Special tests:
Scapholunate injury /instability

TESTS:

1. Watson's Scaphoid Shift Test

- Description:
- Place your thumb firmly on the patient's volar wrist at the scaphoid tubercle and apply pressure. With the other hand, move the patient's wrist from ulnar to radial deviation.
- Positive sign if a clunk is palpated and pain is present.
- Clunk can be present if the scaphoid is dissociated from the lunate because of SLL tear and it hits against the lip of the dorsal radius.

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SPECIAL TESTS:
Dequervain's tenosynovitis

TESTS:

1. Finkelstein's Test

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- Description:
- Thumb is placed into the palm , and the wrist is ulnarly deviated.
-
- Severe pain with this maneuver is a positive test.

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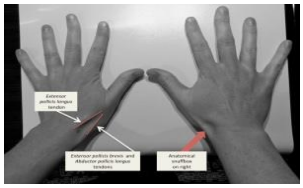
SPECIAL TESTS:
Scaphoid fracture

TESTS:

1. Anatomic Snuffbox Tenderness

- Description:
- Tenderness to palpation at the radial aspect of the wrist near the base of the thumb.



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Special Tests:
Triangular fibrocartilage Complex tear (TFCC)

TESTS:

1. Fovea Sign- Positive if pain occurs.
2. ECU Synergy Test- This test

Helps differentiate TFCC tears from ECU tendinitis. If positive, more likely ECU tendinitis

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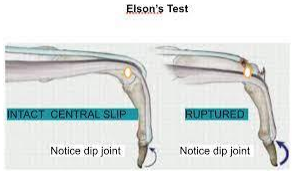
Special tests:
Extensor tendon central slip rupture /laceration

TESTS:

1. Elson's Test: Rest patient's hand on a table with finger flexed at the PIP joint over the edge of the table at 90 degrees. The patient will attempt to extend at the PIP joint. If the DIP joint is supple on extension, the central slip is intact. If the DIP joint is rigid during extension, the central slip is likely ruptured.



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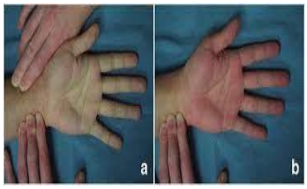
Special tests:
Radial/ulnar artery injury, thrombosis

TESTS:

1. Allen Test: Use both thumbs to place pressure over both the radial and ulnar arteries at the wrist. The patient will open and close the fist to exsanguinate venous system. Then release the thumb over the radial artery side and observes for reperfusion, then repeat test to the ulnar side.



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Special tests: **Trigger Finger**

Palpate over the volar aspect of the proximal aspect of the MCP joint of the finger. This should be at the level of the A1 pulley. With one finger over the A1 pulley, ask patient to flex and extend the digit in an attempt for triggering to occur. Sometimes you must passively flex the finger to feel catching. Also palpable for an A1 nodule.

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Elbow physical exam- Special tests

- Medial/lateral Collateral Ligament Sprains/instability
- Distal Biceps Tendon Rupture
- Triceps Rupture
- Medial/ Lateral Epicondylitis

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Special tests: Medial/Lateral Collateral Ligament

- Varus and Valgus Testing
  - **Valgus Stress Testing**: Evaluates for the **ulnar collateral ligament**.
    - Place one hand on the lateral aspect of the patient's distal humerus and place the other hand on the patient's medial distal forearm. Stabilize the arm with the arm bent to about 30 degrees of flexion. Apply valgus stress to the UCL. Positive test if patient has pain, instability or apprehension.

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Special tests: Medial/Lateral Collateral Ligament

- Varus and Valgus Testing
  - **Varus Stress Testing**: Evaluates for the **Lateral Collateral Ligament**
    - Place one hand on the medial aspect of the patient's distal humerus and the other hand is placed on the patient's lateral distal forearm. Stabilize the arm in about 30 degrees of flexion. Apply varus stress to the LCL. Positive test if patient has pain, instability, or apprehension.

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Special tests: Lateral Collateral Ligament

- **Lateral Pivot Shift Test:**
  - Testing for the lateral UCL (LUCL) for posterolateral rotary instability (PLRI).
  - The patient will lie supine on a table with their arm overhead. As the examiner, you should stand at the head of the bed. First, place hand on the posterolateral aspect of the patient's elbow and grasp the medial/lateral epicondyles. Apply axial/valgus force to the elbow joint while the elbow is flexed and the forearm is supinated. Positive test will show pain, apprehension, a clunk is palpated, or a dislocation occurs.
  - ** Some patients may not allow this to occur due to guarding and may require the patient to be sedated.

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Special tests: Distal biceps tendon rupture

- **Hook Test:**
- Attempt to hook the distal biceps tendon with the index finger while the patient flexes with the forearm supinated. Positive test occurs when the tendon is non-palpable and the hook cannot be performed.

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Special tests: **Lateral / medial Epicondylitis**

- Pain with resisted wrist extension (lateral epicondylitis)/flexion (medial epicondylitis)

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Physical Exam of the Shoulder

Travis Randolph, MS, ATC, PA-C
West Virginia University Department of Orthopaedics
trandolph@hsc.wvu.edu

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History: Subjective Complaints

- Age/ Occupation/ Hand Dominance/ Sports
- Mechanism of Injury (MOI)
- Previous injury or surgery on shoulder
- Provocative or Alleviating movements
- Location, rating (0-10), quality of pain
- Night pain (common complaint with RTC tears)
- Paresthesia

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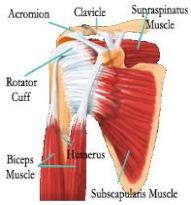
Shoulder Exams

- Inspection/ Palpation
- Range of Motion
  - Adhesive Capsulitis: AROM = PROM
- Strength Test
- Neurovascular Test
  - Shoulder vs C-spine pathology?
- Special Test



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Shoulder Inspection

- Evaluate shoulder movements when patient moves during exam, shakes hand, removes shirt
- Assess for deformities or malalignment (biceps rupture, AC separation, pec rupture, scapula winging, rounded shoulder posture, sulcus, scoliosis, kyphosis)
- Look for any scars, abrasions, ecchymosis, swelling, muscle atrophy (Deltoid- Axillary N.)
- Be sure to compare to contralateral shoulder!

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Shoulder Palpation

Bony Landmarks

- AC Joint/ Clavicle/ SC Joint
- Acromion
- Greater Tuberosity
- Bicipital Groove
- Lesser Tuberosity
- Coracoid Process
- Sternum
- Scapula
  - Superior Medial/ Inferior Angle
  - Scapular Spine

Soft Tissue Structures

- Trapezius Muscle
- Long Head of Biceps
- Pectoralis Muscle
- Deltoid
- Axilla/ Lymph nodes
- Subacromial/ Subdeltoid Bursa
- Rotator Cuff
  - Supraspinatus
  - Infraspinatus
  - Teres Minor
  - Subscapularis

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Shoulder Range of Motion

- Evaluate both AROM and PROM (feel end point)
- Flexion- 180 degrees
- Extension- 45 degrees
- Internal Rotation- 55 degrees (vertebral level)
- External Rotation- 40-45 degrees
- Abduction- 90 degrees
- Adduction

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Shoulder Strength Testing

Manual Muscle Grading (+/-)

5 Normal: Complete ROM against gravity with full resistance

4 Good: Complete ROM against gravity with some resistance

3- Fair: Complete ROM against gravity

2- Poor: Complete ROM with gravity eliminated

1- Trace: Evidence of slight contractility, no joint motion

0- Zero: No evidence of contractility

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Shoulder Strength Testing

- Flexion: Anterior Deltoid/ Coracobrachialis
- Extension: Latissimus Dorsi/ Teres Major/ Posterior Deltoid
- Internal Rotation: Subscap/ Pec Major
- External Rotation: Infraspinatus/ Teres Minor
- Abduction: Middle Deltoid/ Supraspinatus
- Adduction: Pec Major/ Latissimus Dorsi
- Scapular Retraction: Rhomboid Major/ Minor
- Scapular Protraction: Serratus Anterior

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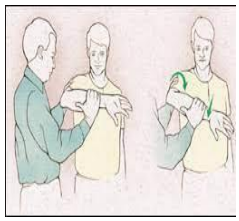
Shoulder Special Test

- Rotator Cuff Impingement/ Bursitis
  - Neer: Impingement
  - Hawkins/ Kennedy: Impingement
  - Drop Arm Test:
  - Hornblower's Test

Hawkins-Kennedy



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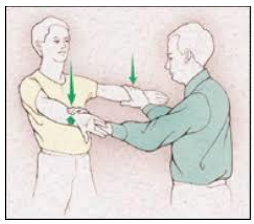
Shoulder Special Test

- Rotator Cuff/ Impingement
  - Jobe's/ Empty Can Test: Supraspinatus



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Shoulder Special Test

- Rotator Cuff Impingement/ Bursitis
  - Bear Hug/ Belly Press/ Lift Off Test: Subscapularis

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Shoulder Special Test

- AC Joint
  - Crossbody Adduction

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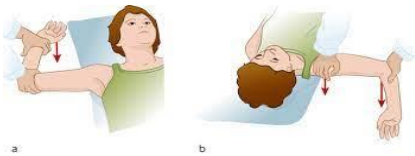
Shoulder Special Test

- Instability
  - Apprehension and Relocation Test
  - Sulcus Sign
  - Crank/ Jerk for posterior/ Load and Shift Test



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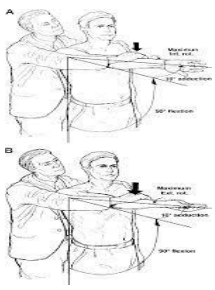
Shoulder Special Test

- Labral Test/ Biceps
  - O'Brien's Test



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Shoulder Special Test

- Biceps
  - Speed's Test
    - Examiner resists forward flexion of the shoulder with the patient's arm fully extended and forearm prontated
  - Yergason Test
    - With the patient's elbow flexed to 90 degrees and forearm pronated, the examiner resists supination while the patient externally rotates the arm against resistance. During this movement, the biceps tendon is palpated in the bicipital groove to assess for the tendon popping out of the groove.

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Shoulder Special Test

- Thoracic Outlet Syndrome
  - Roos/ EAST Test
  - Adson: extend arm, lateral rotate head toward affected side, deep breath and hold, diminished pulse

Vascular Exam: Brachial and Radial Artery

Roos Test

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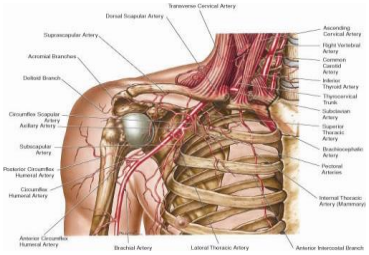
Shoulder Vascular Anatomy



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Shoulder Neuro Exam

- Deltoid: C5-C6/ Axillary Nerve
- Supraspinatus: C5-C6/ Suprascapular Nerve
- Infraspinatus: C5-C6/ Suprascapular Nerve
- Trapezius: Spinal Accessory N/ Cranial Nerve XI
- Rhomboids: C5/ Dorsal Scapular Nerve
- Serratus Anterior: C5, C6, C7/ Long Thoracic N.

- Reflex/ Sensation: Refer to C-spine exam

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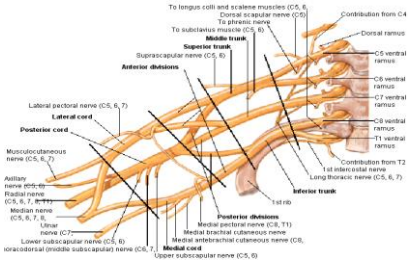
Brachial Plexus



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Tom Gocke, DMSc, ATC, PA-C
Orthopaedic Educational Services, Inc.
Morgantown WV

West Virginia University Healthsciences
Department of Orthopaedic Surgery
Morgantown WV

Physical Examination of the Cervical Spine

AAPA AAOS Musculoskeletal Galaxy
Hyatt Regency Austin
Austin, Texas
June 10-14, 2023

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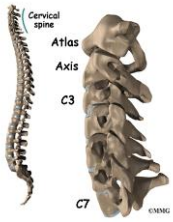
Physical Exam of the Cervical Spine

Goals

1. **Determine if pain/dysfunction has a cervical cause**
   a. **Musculoskeletal**
   b. **Nerve impingement**
   c. **Spinal Cord dysfunction**
2. **Determine next steps (imaging, referrals)**

General principles of Exam

1. Inspection
2. Palpation
3. ROM (neck/shoulder)
4. Neuromuscular testing
   a) Sensory
   b) Motor
   c) DTR
5. Special Testing



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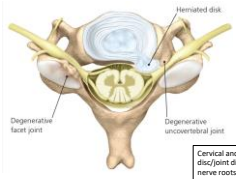
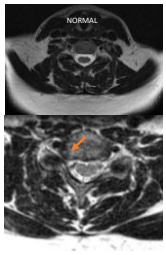
Anatomy - Cervical



Cervical and thoracic disc/joint disease affect nerve roots at the **same** level. Or can abut/compress the spinal cord.



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Spinal Nerves

8 Cervical: Upper Extremity
- Nerves named for the vertebra below
- C8 exits the spine between C7 and T1

12 Thoracic: Ribs
- nerves named for vertebra above

5 Lumbar: Lower Extremity
- nerves named for vertebra above

5 Sacral: Pelvic organs
- nerves named for vertebra above

1 Coccygeal - vestigial

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Clinical Presentation – History*

- +/- Hx of mechanism of injury
  - MVA (whiplash)
  - Fall
  - nothing
- Neck pain variable (+/-)
- Sensory symptoms
  - Pain in distribution of the nerve root, cervical less reliable mapping
  - Dull deep aching pain – myotome
  - Pins and needles – usually distal
  - Electric/burning/zapping - entire arm
- Can have muscle spasms to try to stabilize injured joint
  - neck, upper back
- Motor symptoms
  - According to innervation
  - All joints have at least two nerve roots, therefore unusual to have complete paralysis of a joint from a radiculopathy
- Interferes with sleep/work
- Pain with stretching the nerve
  - Upper cervical nerve roots issues will have patient present with arm on top of head
  - Lower cervical nerve roots with arm against body
  - I can't wash my hair; I can't put my hair in a ponytail

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Clinical Presentation- Physical Exam

- Inspection
  - Observe patient
  - ROM of shoulders and neck
- Palpation
- Neurological Exam is WNL or…
  - Reduced sensation or paresthesia with light touch
  - Weakness
  - Guarding = "give away strength"
  - Reduced reflexes in Radiculopathy
  - Increased reflexes in myelopathy
- Special tests
  - Spurling's Test for radiculopathy
  - Testing for differential diagnosis
- Upper motor neuron findings ?
  - +Hoffman's – normal15%
  - Lhermitte's sign
  - More than 3 beats of Ankle clonus
  - Babinski – upgoing
  - Abnormal Tandem gait
  - Unsteady Romberg's
  - DTR 3+
  - Abnormal Rapid alternating movements

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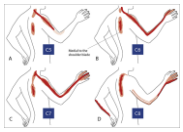
Clinical Presentation – Inspection



Patient Preferred positioning
- Bakody sign = hand on head reduces symptoms (C4-6)
- Lower cervical irritation = arm across abdomen

Atrophy
- Usually, upper motor neuron

Asymmetry – Scoliosis
- Shoulder symmetry
- scapula
- rib hump
- pterygium coli (webbed neck, Klippel-Feil Syndrome, Turner Syndrome)
- congenital torticollis

Skin
- operative scars
- skin lesions-café au lait spots-neurofibromatosis
- rash (shingles)

Graphic: https://smartypance.com/radiculopathy-rapid-review/ (accessed April 18, 2023

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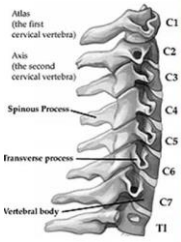
Clinical Presentation – Cervical ROM



	Bifid Spinous Process	Transverse Foramen / Vert?	Flexion/ Extension	Rotation	Lateral Bend
Occiput-C1			50	4	8
C1 (Atlas)	None	Yes / Yes	10	50	0
C2 (Axis)	Yes	Yes / Yes			
C3	Yes	Yes / Yes	50 (10/level)	50 (10/level)	60 (12/level)
C4	Yes	Yes / Yes			
C5	Yes	Yes / Yes			
C6	Yes	Yes / Yes			
C7 (VP)	No (95%)	Yes / No			
Total Motion			110	100	68

https://www.orthobullets.com/spine/2069/cervical-spine-anatomy, Accessed March 29, 2023

Wolters Kluwer

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Clinical Presentation – Palpation

- Non spinal causes of neck pain
  - Lymphadenopathy
  - Thyroid gland
  - Parotid glands
- Muscular tension/tenderness
  - Generally, paraspinals on ipsilateral side of pathology
- Axial neck tenderness
  - C2 and C7 main muscle attachments, can have midline tenderness at these levels (can indicate shoulder pathology)
  - None specific
  - Landmarks:

Noah **T**old **M**aria**H** **T**o **T**ry **C**ervical **C**ounting

C1 - Nose
C2 - Teeth
C3 - Mandible/hyoid
C4 - Thyroid (above)
C5 - Thyroid (below)
C6 - Cricoid (above)
C7 - Cricoid (below)

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Clinical Presentation- Neurological Testing

Root	Disc Level	Motor	Sensory	Reflex*
C5	C4-5	Deltoid, Biceps	clavicle, lateral upper arm	Biceps
C6	C5-6	Biceps, wrist extensors	Lateral forearm, thumb, index, 1/2 middle fingers	brachioradialis
C7	C6-7	Wrist flexion, finger extensors, triceps	middle finger	triceps
C8	C7-T1	Finger flexors, interossei	medial forearm ring and little finger	none
T1	T1-2	Interossei (finger abduction)	medial arm	none

*DTR is most common neurological deficit in radiculopathy

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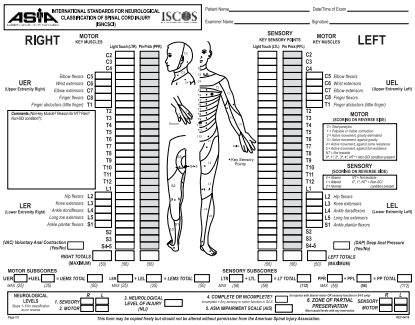

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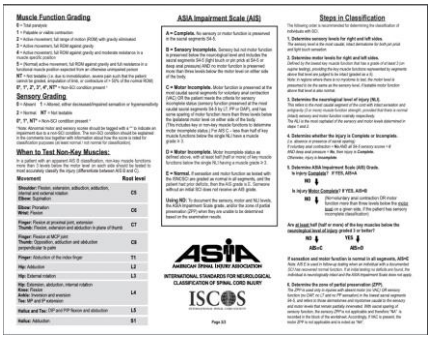

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Deep Tendon Reflexes

- NINDS Scale (National Institute of Neurological Disorders And Stroke)
  - 0: Absent
  - 1+: Low normal, diminished, trace response
  - 2+: Normal
  - 3+: Brisk, more reflexive than normal (more than one joint moves)
  - 4+: Very brisk, hyper reflexive, with clonus
  - 5+: Sustained clonus

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Special Testing

- Spurling Maneuver - Evaluates nerve root compression in foramen
- Upper Motor Neuron testing
  - Hoffman's Test
  - Lhermitte's sign
  - Tandem Gait
  - Rapid alternating movement
  - Babinski's
- Testing of the Upper Extremity may be helpful
  - Shoulder impingement
  - Phalen's for CTS
  - Tinel's for ulnar neuropathy and median nerve neuropathy
  - Rotator Cuff Pathology
  - Etc.

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Physical Exam Special Testing

- Lateral flexion and extension of the neck with axial compression
- Positive when it recreates radicular symptoms (pain, numbness, tingling, paresthesia) in the appropriate dermatome
- 30% sensitive and 90%specific

- Full flexion of cervical spine
- Positive when this results in electric shock sensation down arms, spine, and/or legs
- indicates **spinal cord dysfunction**
- Not sensitive, but highly specific

https://physio-study.com/spurling-test/ (accessed April 18, 2022)

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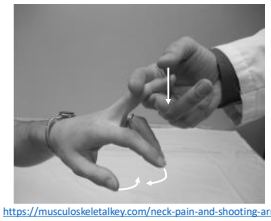
Physical Exam Special Testing
Hoffman's test



1. Hold middle finger MIP in extension
2. Flick DIP downward

- Positive when index and thumb twitch in flexion
- 15% of people without myelopathy will test positive

https://musculoskeletalkey.com/neck-pain-and-shooting-arm-pain/ (accessed April 18, 2023)

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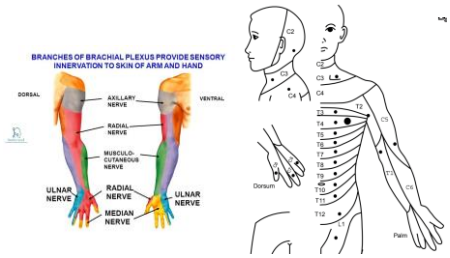
Differential diagnosis

Peripheral Mononeuropathies vs Nerve Root Sensory Maps



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THANK YOU

Jill Fattor MS, PA-C
University of Colorado
Anschutz Medical Campus
Department of Orthopedics
Spine Division

Emily Vigliaone, MPAS, PA-C
West Virginia University
Healthsciences
Department of Orthopaedic Surgery
Spine Surgery Services

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