



# THERAPRACTICS

## ELBOW / WRIST / HAND EVALUATION

PATIENT: \_\_\_\_\_ DATE: \_\_\_\_\_

PATIENT #: \_\_\_\_\_ EMPLOYER: \_\_\_\_\_

DIAGNOSIS: \_\_\_\_\_ PHYSICIAN: \_\_\_\_\_

### SUBJECTIVE HISTORY

AGE: \_\_\_\_\_ D.O.B. \_\_\_\_\_ SEX: \_\_\_\_\_ OCCUPATION: \_\_\_\_\_ DATE OF INJURY: \_\_\_\_\_

MECHANISM OF INJURY: \_\_\_\_\_

GENERAL HEALTH: \_\_\_\_\_

PERTINENT SURGERIES / DATES: \_\_\_\_\_

MEDICATIONS: \_\_\_\_\_

PREVIOUS HISTORY / TREATMENT: \_\_\_\_\_

CHIEF COMPLAINT: \_\_\_\_\_

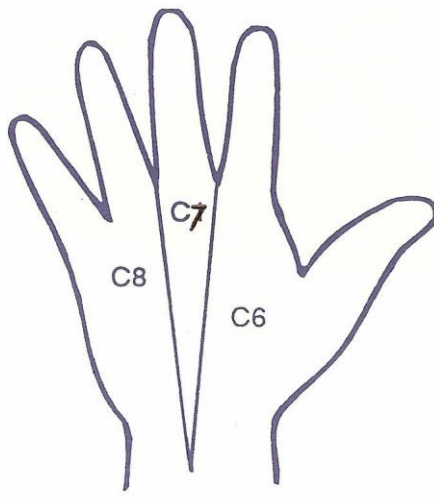
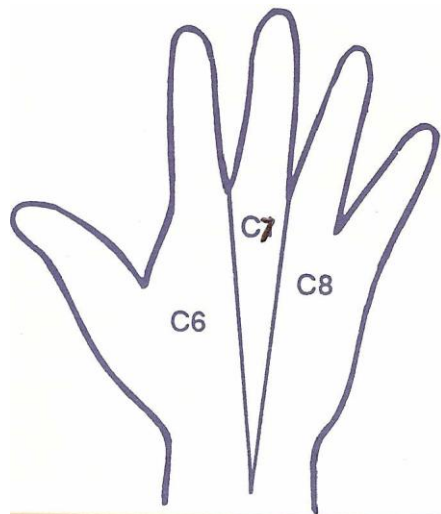
OBJECTIVE PALPATION: \_\_\_\_\_

CLINICAL FINDINGS (Atrophy, edema, etc.): \_\_\_\_\_

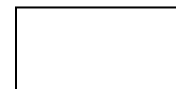
GIRTH (Head of Radius): ( R ) \_\_\_\_\_ inches ( L ) \_\_\_\_\_ inches

RANGE OF MOTION	R	L	RANGE OF MOTION	R	L
<b>ELBOW</b>			<b>ELBOW</b>		
Flexion	°	°	Pronation	°	°
Extension	°	°	Supination	°	°
<b>WRIST</b>			<b>LONG FINGER</b>		
Flexion	0 - 80°	°	MP Flexion	0 - 90°	°
Extension	0 - 70°	°	MP Extension	0 - 15°	°
Ulnar Deviation	0 - 30°	°	PIP Flexion	0 - 110°	°
Radial Deviation	0 - 20°	°	DIP Flexion	0 - 80°	°
<b>THUMB</b>			<b>RING FINGER</b>		
MP Flexion	0 - 60°	°	MP Flexion	0 - 90°	°
IP Flexion	0 - 90°	°	MP Extension	0 - 15°	°
Abduction	0 - 50°	°	PIP Flexion	0 - 110°	°
<b>INDEX FINGER</b>			<b>LITTLE FINGER</b>		
MP Flexion	0 - 90°	°	MP Flexion	0 - 90°	°
MP Extension	0 - 15°	°	MP Extension	0 - 15°	°
PIP Flexion	0 - 110°	°	PIP Flexion	0 - 110°	°
DIP Flexion	0 - 80°	°	DIP Flexion	0 - 80°	°

WRIST STRENGTH	RIGHT	LEFT	ELBOW STRENGTH	RIGHT	LEFT
FLEXION	/5	/5	FLEXION	/5	/5
EXTENSION	/5	/5	EXTENSION	/5	/5
ULNAR DEVIATION	/5	/5	PRONATION	/5	/5
RADIAL DEVIATION	/5	/5	SUPINATION	/5	/5



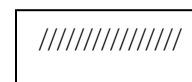
NORMAL



IMPAIRED



ABSENT



GRIP STRENGTH: (R) \_\_\_/\_\_\_/\_\_\_# (L) \_\_\_/\_\_\_/\_\_\_#  
 Jamar Dynamometer #2. Perform 3 grips/hand. Dominant hand: \_\_\_(R)\_\_\_(L)

SPECIAL TESTS: Tinels: \_\_\_(L)\_\_\_(R) Phalens: \_\_\_(L)\_\_\_(R) Finkelsteins: \_\_\_(L)\_\_\_(R) Cozens: \_\_\_(L)\_\_\_(R)

FUNCTIONAL STATUS: \_\_\_\_\_

- MAJOR PROBLEMS:
1. Pain Swelling Spasm \_\_\_\_\_
  2. Decreased: ROM/Flexibility \_\_\_\_\_ Strength \_\_\_\_\_
  3. Postural Deficits \_\_\_\_\_

- GOALS:
1. Decrease: Pain Swelling Spasm \_\_\_\_\_
  2. Increase: ROM/Flexibility \_\_\_\_\_ Strength \_\_\_\_\_
  3. Improve Posture \_\_\_\_\_

- PLAN:
1. Therapeutic Exercises \_\_\_\_\_
  2. Soft Tissue Mobilization Joint Mobilization \_\_\_\_\_
  3. Modalities PRN for: Pain Swelling Spasm control \_\_\_\_\_

FREQUENCY: \_\_\_\_\_ DURATION: \_\_\_\_\_

\_\_\_\_\_  
 R.P.T., D.C.