DISPLAY 27-1
Special Tests at the Elbow, Wrist, and Hand

Elbow
Valgus stress test (0 and 30 degrees)
Varus stress test (0 and 30 degrees)
Tinel’s sign
Pinch grip
Tennis elbow tests
  Resisted wrist extension
  Passive wrist flexion
  Resisted third finger extension
Golfer’s elbow
  Resisted wrist flexion
  Passive wrist extension

Wrist and Hand
Carpal tunnel tests
  Phalen’s test
  Tinel sign
  Three jaw chuck test
Allen’s test
Finkelstein’s test
Brunnel-Littler test
Retinacular test
Froment’s sign
Ligamentous instability testing for the fingers
Thumb ulnar collateral ligament testing
Lunatotriquetral ballottement test
Scaphoid stress test
Hand function tests
Grip strength test
Reflexes and sensation
Upper limb tension tests

Hall & Brody: Therapeutic Exercise: Moving Toward Function, 2nd Edition
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