

Musculoskeletal – Elbow – Physical Exam Checklist

Learnpediatrics.com – Written by Dr. R. Acedillo

EXAMINATION	OSCE ITEMS
STANDING	<p>Inspection</p> <ul style="list-style-type: none"><input type="checkbox"/> Resting posture of arms<input type="checkbox"/> Muscle bulk and symmetry<input type="checkbox"/> Signs of inflammation<input type="checkbox"/> Carrying angle (influence by flexion contracture, internal or external rotation) <p>Active ROM (Passive if only Active abnormal)</p> <ul style="list-style-type: none"><input type="checkbox"/> Flexion<input type="checkbox"/> Extension<input type="checkbox"/> Pronation (elbows flexed 90°)<input type="checkbox"/> Supination (elbows flexed 90°)
SITTING	<p>Palpation</p> <ul style="list-style-type: none"><input type="checkbox"/> Medial, lateral epicondyle and olecranon<input type="checkbox"/> Olecranon bursa<input type="checkbox"/> Radial head<input type="checkbox"/> Common extensor and flexor origin<input type="checkbox"/> Biceps tendon, brachial artery, median nerve<input type="checkbox"/> Ulnar nerve <p>Neurological – Upper Extremity</p> <ul style="list-style-type: none"><input type="checkbox"/> Sensory<input type="checkbox"/> Strength<input type="checkbox"/> Reflexes (biceps, triceps, brachioradialis) <p>Special Tests</p> <ul style="list-style-type: none"><input type="checkbox"/> Lateral Epicondylitis (extend elbow, pronate forearm, flex hand and wrists)<input type="checkbox"/> Medial Epicondylitis (extend elbow, supinate forearm, extend hand and fingers)<input type="checkbox"/> Valgus instability (valgus force on externally rotated and slightly flexed elbow)<input type="checkbox"/> Lateral rotatory instability (pt gets up from arm chair using arms – forces supination and valgus)<input type="checkbox"/> Tinel's Test<ul style="list-style-type: none"><input type="checkbox"/> Ulnar nerve (cubital tunnel syndrome)<input type="checkbox"/> Median nerve (pronator syndrome)<input type="checkbox"/> Radial nerve (radial tunnel syndrome)