ELBOW & WRIST ORTHOPEDIC EXAMS

COZEN'S: With the patient's elbow flexed to 90 degrees and forearm pronated, the examiner stabilizes the elbow while resisting the patient's attempt to extend the wrist.
(+) lateral epicondyle pain
DDx: lateral epicondylitis (tennis elbow)

MILL'S: With the patient's elbow extended and forearm pronated, the examiner passively flexes the patient's wrist and fingers while palpating the lateral epicondyle.
(+) lateral epicondyle pain
DDx: lateral epicondylitis (tennis elbow)

REVERSE MILL'S: With the patient's elbow extended and forearm supinated, the examiner passively extends the wrist and fingers while palpating the medial epicondyle.
(+) medial epicondyle pain
DDx: medial epicondylitis (golfer's elbow)

VARUS STRESS TEST: With the patient's elbow flexed about 20–30 degrees, the examiner stabilizes the elbow with one hand and applies an **inward** (varus) force to the distal forearm with the other, stressing the lateral elbow joint.
(+) increased pain
(+) joint gapping
DDx: lateral collateral ligament instability

VALGUS STRESS TEST: With the patient's elbow flexed about 20–30 degrees, the examiner stabilizes the elbow with one hand and applies an **outward** (valgus) force to the distal forearm with the other, stressing the medial elbow joint.
(+) increased pain
(+) joint gapping
DDx: medial collateral ligament instability

FINKLESTEIN'S: With the patient making a fist around the thumb, the examiner stabilizes the forearm and ulnarly deviates the wrist.
(+) sharp pain along the radial side of the wrist
DDx: De Quervain's tenosynovitis

CARPAL TINEL'S: The examiner taps over the median nerve at the carpal tunnel (volar wrist crease).
(+) tingling or paresthesia in the thumb, index, middle, or radial half of the ring finger
DDx: carpal tunnel syndrome

CUBITAL TINEL'S: The examiner taps over the ulnar nerve at the cubital tunnel (posterior to the medial epicondyle).
(+) tingling or paresthesia radiating into the ulnar forearm, ring, and little finger
DDx: cubital tunnel syndrome

GUYON TINEL'S: The examiner taps over the ulnar nerve at Guyon's canal (just distal and radial to the pisiform).
(+) tingling or paresthesia into the ring and little finger
DDx: ulnar nerve entrapment at Guyon's canal

PHALEN'S: The patient flexes both wrists fully and presses the dorsal surfaces of the hands together, holding this position for 30 seconds.
(+) numbness, tingling, or pain in the median nerve distribution
DDx: carpal tunnel syndrome

RETINACULAR: With the patient's PIP joint held in extension, the examiner passively flexes the DIP joint.
(+) inability to flex the DIP when the PIP is extended, but normal flexion when the PIP is flexed
DDx: tight retinacular ligaments

REVERSE COZEN'S: With the patient's elbow flexed to 90 degrees and forearm supinated, the examiner resists the patient's attempt to flex the wrist.
(+) medial epicondyle pain
DDx: medial epicondylitis

REVERSE PHALEN'S: The patient extends both wrists fully and presses the palmar surfaces of the hands together (reverse prayer position), holding for 30–60 seconds.
(+) numbness, tingling, or pain in the median nerve distribution
DDx: carpal tunnel syndrome

PINCH GRIP: The patient is asked to pinch the tips of the thumb and index finger together.
(+) inability to pinch tip-to-tip (instead pressing pad-to-pad displaying as flattened "OK" sign)
DDx: anterior interosseous nerve palsy (branch of median nerve)

PINCH TEST: The examiner instructs the patient to pinch a piece of paper between the thumb and index finger while attempting to pull the paper away.
(+) inability to maintain grip strength
DDx: ulnar nerve palsy (affecting adductor pollicis)