

## ***Elbow Assessment***

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Name:

Age/Sex:

OPD no:

Address:

### **1. Patients brief Summary:**

- a. Chief complaints
- b. Occupation:
- c. Mechanism of injury/severity of injury
- d. Red flags

Infection/Inflammation

Malignancy

Fracture/Dislocation (Positive Elbow  
Extension Test)

Inflammatory Arthritides

Abnormal Vitals

Abnormal Vascular/Neurological  
Exam

Heterotopic Ossification (Post-  
Surgical Consideration)

Inappropriate progress from treatment  
made after surgery

- e. Pain assessment:

Severity: VAS

Intensity: Acute/Subacute/Chronic

Nature:

Stability/Stage:

Aggravating factor:

Ease factor:

### **2. Observation**

- a. Deformity: Cubitus valgus/Cubitusvarus/Fixed flexion deformity

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- b. Posture: Scapula/Cervical Spine/Thoracic Spine
- c. Scars:
- d. Swelling/Erythema:
- e. Olecranon bursitis
- f. Rheumatoid nodules:
- g. Psoriatic plaques:

### **3. Palpation**

- a. temperature:
- b. Radial head/Capitulum/Radiocapitellar joint
- c. Lateral epicondyle
- d. Olecranon
- e. Medial epicondyle:
- f. Biceps tendon:

### **4. Examination**

- a. **Active Movement** Elbow flexion  
Elbow extension  
Pronation  
Supination

- b. **Passive Movement:**

- c. **Neurological examination:**

Reflexes: C5-C7

Myotomes: C5-T1

Dermatomes: C5-T1

- d. **Resistive Testing**

Elbow flexion/extension

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Forearm pronation/supination

Wrist flexion/extension

Pain-free grip strength

Thumb

Fingers

### **e. Accessory motion testing**

Humeroulnar traction

Humeroradial traction

Proximal/distal radioulnar Anterior/Posterior and Posterior/Anterior glides

### **c. Muscle girth: Forearm**

### **d. Special test:**

- Cubital Tunnel Syndrome
- Elbow Flexion Test
- Tinel's Sign
- Ulnar Nerve Compression Test

Lateral Epicondylalgia:

- Passive elbow extension, pronation, wrist flexion (Mill's Test)
- Resisted wrist extension with radial deviation (Cozen's Test)
- Resisted middle finger extension (Maudley's Test)

Ligamentous Tests:

- Varus Stress Test

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- Valgus Stress Test
- Moving Valgus Stress Test

Neurodynamic Tests:

- Median nerve bias: Upper Limb Neurodynamic Test 1
- Radial nerve bias: Upper Limb Neurodynamic Test 2b
- Ulnar nerve bias: Upper Limb Neurodynamic Test 3
- Medial epicondylitis test:



**f. Functional assessment: Pain-Free Grip Strength:**

Push-off Test:

PSFS scale:

**g. Functional diagnosis:**



## **Elbow Assessment**

	<b>Clinical relevance / contributing factors / Hypothesis / Reasoning</b>	<b>Important Information</b>	<b>Special attention</b>
<b>Age</b>	Healing / degenerative changes / balance / strength / mobility		
<b>Occupation</b>	Manual labour/Tennis Player/House wife		
<b>Chief Complaints</b>	List the reported symptoms (Pain, Mobility, ADLs etc.,)	<ul style="list-style-type: none"> <li>- Relate with surgery/procedure</li> <li>- Identify Flags</li> </ul>	
<b>history and comorbidities</b>	<p>Mode of injury to identify the structure involved.</p> <p>Grade /extent of the injury.</p> <p>Previous history of fracture to identify bone health.</p>	<p>HT/IHD/DM/ osteoporosis / previous trauma</p> <p>Previous Functional status</p> <p>Activity Status</p> <p>Assisted devices used for supports, transfers and mobility</p>	
<b>Observation</b>	General – ( whole body appearance)	<p>BMI</p> <p>To understand obesity / overweight contributing to</p>	

## **Elbow Assessment**

		Joint loading	
	Local – Swelling, Erythema	Healing (stages-inflammatory/ remodelling etc.,)  Scar (grading)	
	Deformity  Posture  Scars  Swelling/Erythema  Olecranon bursitis  Rheumatoid nodules  Psoriatic plaques	Cubitus valgus/Cubitusvarus/Fixed flexion deformity  scapula/cervical spine/thoracic spine  Rheumatoid disease  Psoriasis.	
	Pain  ( identity FLAGS, relate to surgical history, tissue healing, medication)	Type , Intensity , duration and frequency	Referrals
	AJROM  a. - Elbow flexion  Elbow extension  Pronation	Movement pattern, quantity, muscle activity, kinematics, protective mechanism)  Identify  - Lag  - Muscle inhibition	Perform on plinth not on bed in supine and sitting to evaluate the muscle activity

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<b>Examination</b>	Supination	- Muscle power	
	PJROM (EF/EE/SUP/PRN)  (including accessory)  - Factors limiting the movements (Relate to arthro and osteo kinematics)	Quantity, end feel, Muscle length	
	Muscle girth	Atrophy/Dystrophy	
	Strength (MMT)	Elbow/Wrist/Finger	
	Isometric Resisted Test	To observe the activity of muscle	Perform test to rule out tightness of capsule or muscles
	Combined movement (Functional) Elbow, wrist & finger	Pattern and contribution to joint range and muscle activity	
	PSFS ( patient specific functional scale) - OPD	Identify the functional limitation	Set patient specific goals
	Girth measurement (differentiate between swelling / wasting)	Relate with observation	Tests for effusion / Clinical reasoning (correlate with PJROM)

## *Elbow Assessment*

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<b>Examination</b>	Neurological examination  Relate with the possible factors (ageing / proprioception / strength)	Sitting / standing	Coordination tests
	Functional Movement analysis  ( relate with normal pattern, identify the possible structure)	<ul style="list-style-type: none"><li>- Pain free grip strength</li><li>- PSFS</li><li>- Push off test.</li></ul>	