

Hand Examination

General Inspection

- Overall
 - Scleroderma
 - Psoriasis
 - Malar rash
 - Cachexia
 - Cushingoid
 - Age

Look

- **Dorsum**
 - Skin: Scars, rash, erythema, sclerodactyly, nail fold infarcts, psoriatic nail changes, splinter haemorrhages, nodules, Raynaud's
 - Soft tissues: Joint swelling, intrinsic muscle wasting, dactylitis
- **Palmar**
 - Skin: Palmar erythema, telangiectasia, finger tip ulceration, calcification, pulp atrophy
 - Soft tissues: muscle wasting
- **Bony Deformities**
 - Osteoarthritis: Bouchard's Nodes, Heberden's Nodes
 - Rheumatoid Arthritis: Ulnar deviation (wrist, MCP), Z deformity (thumb), Swan Neck, Boutonnière's

Move

- **Active**
 - Make fist
 - Make a star
 - Prayer position
 - Reverse prayer
 - Flex elbows (looking for nodules and psoriasis)
- **Passive**
 - Move each joint, holding from the side, and feeling for crepitus, restriction, and checking for pain
- **Function**
 - Key in lock
 - Do up, undo a button
 - Open door

Special Tests

- Carpal Tunnel: Phalen's and Tinel's
- Sensory exam for peripheral nerves

Peripheral Nerve Screening

- **Ulnar Nerve**
 - Ask patient to make a star with their fingers, and then try and move their fingers
- **Median Nerve**
 - Thumb abduction against resistance
- **Radial Nerve**
 - Finger extension against resistance