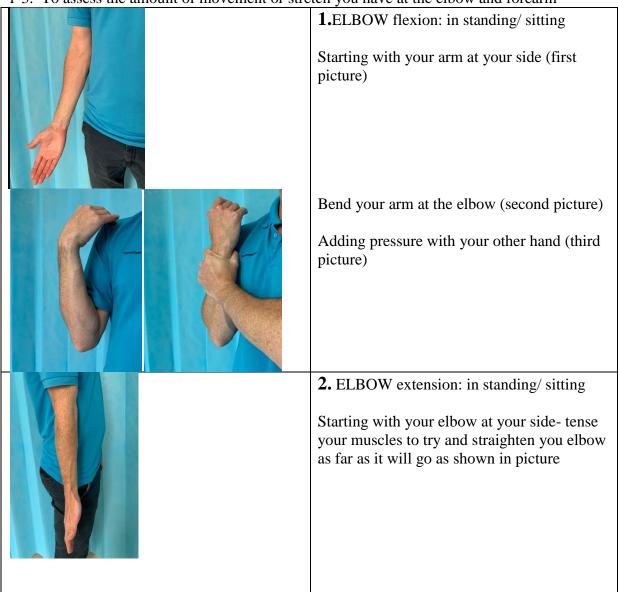




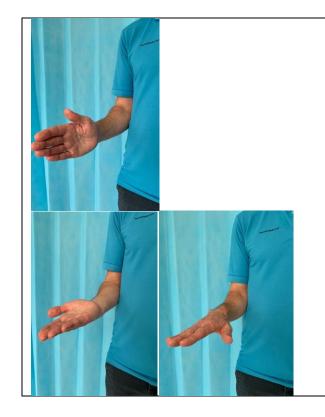
This document can help the physiotherapist to assess your elbow and wrist via telephone. It is not a list of exercises. The physiotherapist may not need you to try all of these movements. Wait until you have discussed with your physiotherapist the movements they would like to assess.

1-3. To assess the amount of movement or stretch you have at the elbow and forearm









3. FOREARM pronation/ supination: in standing/ sitting

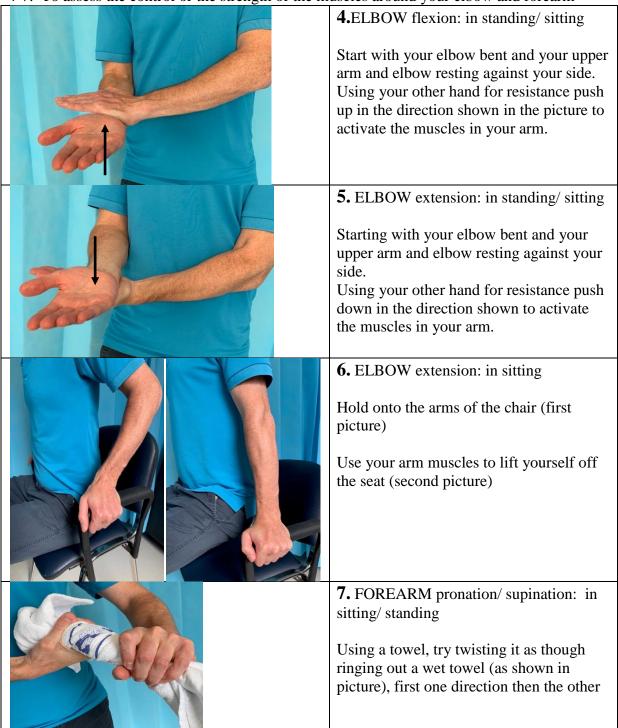
Starting with your elbow bent and your upper arm and elbow resting against your side (first picture)

Turn your hand palm up (second picture)

Turn your hand palm down (third picture)



4-7. To assess the control or the strength of the muscles around your elbow and forearm





8-12. To assess the amount of movement or st	retch you have at the wrist
	8. WRIST flexion: in sitting Sitting with your forearm supported (first picture)
	Bend your wrist forwards (second picture)
	9. WRIST extension: in sitting
	Sitting with your forearm supported
	Bend your wrist backwards as shown in picture
	10. WRIST ulnar deviation: in sitting
	Sitting with your forearm supported
	Tilt your wrist downwards as shown in picture
	11. WRIST radial deviation: in sitting Sitting with your forearm supported Tilt your wrist upwards as shown in picture



ELBOW & WRIST Assessment Sheet

NHSGGC MSK Physiotherapy



12. WRIST extension (assisted): in sitting/standing
Bring your palms together
Take your elbows out to the side keeping the palms flat together as shown in picture



13-16. To assess the strength and stretch around your wrist

13-16. To assess the strength and stretch around your wrist		
	13. WRIST extension: in sitting	
	Sitting with your forearm supported (first picture)	
	Using your other hand for resistance push up in the direction shown to activate the muscles in your forearm (second picture)	
	14. WRIST flexion: in sitting	
	Sitting with your forearm supported (first picture)	
	Using your other hand for resistance push up in the direction shown to activate the muscles in your forearm (second picture)	
	15. WRIST flexion (stretch): in standing/sitting Hold your arm out in front and use your other hand to stretch your wrist into a downwards flexion movement as shown in picture	
	16. WRIST extension (stretch) in standing/sitting Hold your arm out in front and use your other hand to stretch your wrist into an extension movement as shown in picture	



17-19. To assess the amount of movement or stretch you have in your fingers	
	17. HAND/ FINGERS- making a fist/ gripping Close your fingers into a tight fist as shown in picture
	18. HAND/ FINGERS- extension Open your fingers up into a stretch position as shown in picture
	19. HAND/ FINGERS- hook grip: Close your fingers into a bent position without bending at the knuckles, as shown in picture.