Learning Objectives

MedBridge

Upper Extremity Assessment: Elbow to Hand
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Course Objectives:
Upon completion of this course, learners will be able to:

• Identify appropriate assessments for determining the cause of pain and/or dysfunction for several common upper extremity conditions
• Recognize the correct techniques for measurement of range of motion for the elbow, wrist, hand, and grip/pinch strength
• Understand several important provocative tests used for determining the source of pain at the elbow, wrist, and hand

Chapter 1: Client History & Outcome Measures
This chapter will cover the important aspects of getting the information needed to proceed with physical assessment. Relevant details around the injury, current course of treatment, and other vital aspects of the initial interview will be reviewed. Patient reported outcome measures commonly used for the upper extremity will also be reviewed.

Chapter 2: Range of Motion
This chapter will cover the basics of some of the most important impairment based measures used by therapists. Range of motion will be reviewed, along with the norms for several joints, and the proper technique for producing reliable measurement technique.

Chapter 3: Grip & Pinch Strength
This chapter will cover the basics of some of the most important impairment based measures used by therapists. Grip strength and pinch strength measurements will be reviewed, along with the norms for several joints, and the proper technique for producing reliable measurement technique.

Chapter 4: Volume & Sensibility
This chapter will discuss common ways to measure volume of the upper extremity and sensibility of the hand. These measures are important to be able to document levels of impairment and to detect change over time.

Chapter 5: Pain: Provocative Testing
Unfortunately, when a client has pain, the best way to figure out what is wrong is to reproduce their pain with clinical tests. This “provoking” of pain gives us the term “Provocative Testing.” This chapter will cover several important provocative tests used for determining the source of pain at the elbow, wrist, and hand.