



OSCE Checklist: Hand & Wrist Examination

Introduction		
1	Wash your hands and don PPE if appropriate	
2	Introduce yourself to the patient including your name and role	
3	Confirm the patient's name and date of birth	
4	Briefly explain what the examination will involve using patient-friendly language	
5	Gain consent to proceed with the examination	
6	Adequately expose the hands, wrists and elbows	
7	Position the patient sitting with their hands on a pillow	
8	Ask if the patient has any pain before proceeding	
9	Gather equipment	
Look		
10	Perform a brief general inspection of the patient, looking for clinical signs suggestive of underlying pathology	
11	Inspect the dorsum of the hands for abnormalities	
12	Inspect the palms of the hands and elbows for abnormalities	
Feel		
13	Assess and compare the temperature of the wrists and small joints of the hands	
14	Palpate the radial and ulnar pulse	
15	Palpate the thenar and hypothenar muscle bulk	
16	Palpate for evidence of palmar thickening	
17	Assess median nerve sensation	
18	Assess ulnar nerve sensation	
19	Assess radial nerve sensation	
20	Perform MCP joint squeeze	
21	Bimanually palpate the joints of the hand (MCPJ/PIPJ/DIPJ/CMCJ)	
22	Palpate the anatomical snuffbox	
23	Bimanually palpate the wrist joints	
24	Palpate the ulnar border of the forearm and elbow joint	
Move		
25	Assess active finger extension	
26	Assess active finger flexion	
27	Assess active wrist extension	

28	Assess active wrist flexion	
29	Assess wrist/finger extension against resistance (radial nerve)	
30	Assess index finger ABduction against resistance (ulnar nerve)	
31	Assess thumb ABduction against resistance (median nerve)	
Function		
32	Assess power grip	
33	Assess pincer grip	
34	Assess picking up a small object	
Special tests		
35	Perform Tinel's test	
36	Perform Phalen's test	
To complete the examination...		
37	Explain to the patient that the examination is now finished	
38	Thank the patient for their time	
39	Dispose of PPE appropriately and wash your hands	
40	Summarise your findings	
41	Suggest further assessments and investigations (e.g. neurovascular examination of both upper limbs, examination of the elbow joint and further imaging)	

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