

## ELBOW ASSESSMENT

NAME \_\_\_\_\_

AGE \_\_\_\_\_

Right /Left HANDED?

SPORT \_\_\_\_\_

WHICH ARM AFFECTED?

OCCUPATION \_\_\_\_\_

DATE ASSESSMENT \_\_\_\_\_

ONSET OF SYMPTOMS: Sudden / Gradual

DURATION \_\_\_\_\_

SEVERITY: 0-----10

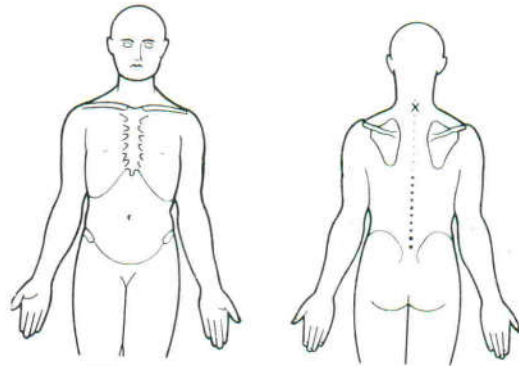
MECHANISM OF INJURY:

BEHAVIOUR:

Night pain?

Aggravates

Eases



DAILY ACTIVITIES LIMITED:

Brush Teeth Y/N

Shake Hands Y/N

Pick up cup Y/

Heavy Object Y/N Throwing Y/N - which phase of throw

Opening a jar?

Carrying even a light object?

Other

PAST HISTORY:

Of elbow

Cervical / Shoulder ?

Medical & Family

Previous treatment

MEDICATION

For this & other conditions

Cortisone? How many? Effect?

PRP or ESWT? Effect?

INVESTIGATIONS

YELLOW FLAGS:

RED FLAGS:

PRTEE SCORE:

**OBJECTIVE ASSESSMENT**

**OBSERVATION**

**Posture:**

**Visible Deformities, Swelling, Carrying Angle**

**ACTIVE MVTS:**

F \_\_\_\_\_ E \_\_\_\_\_ PRO \_\_\_\_\_ SUP \_\_\_\_\_

**PASSIVE MVTS:**

F \_\_\_\_\_ E \_\_\_\_\_ PRO \_\_\_\_\_ SUP \_\_\_\_\_

**Pro/Sup in F & E**

**End Feel**

**Varus stress**

**Valgus stress (good hands)**

**RESISTED TESTS:**

**Common Extensors - ECRB/ ECRL/ EDU/ ED/ EDM**

**Supinator**

**Common Flexors**

**Pronator teres**

**Triceps**

**Biceps**

**Brachialis**

**Brachioradialis**

**GRIP DYNAMOMETER:**

**Affected (MGS) \_\_\_\_\_ Unaffected (PGS) \_\_\_\_\_**

**Effect of scapular positional correction on PFG \_\_\_\_\_**

**ACCESSORY MVTS**

**↓,↑ RH, Superior RU, UH jnts**

**COLD HYPERALGESIA (> OR < 5/10 AFTER 10 SECONDS):**

**/10**

**DIFFERENTIATIONS**

**UH vs RH: Flex with ulnar deviation**

**Flex with radial deviation**

**Sup RU: Full pronation with ulnar deviation**

Affected

Unaffected

**NEURAL TENSION TESTS:**

**ULTT 1**

**ULTT2a**

**ULTT 2b**

**ULTT 3**

**PALPATION**

**Lateral & Medial Epicondyles**

**Supracondylar ridges**

**Post Olecranon**

**Wrist Extensor mass**

**Wrist flexor mass**

**Radial Tunnel**

**Dorsum of forearm**

**CERVICAL SPINE**

**Mvt signs**

**Dermatomes**

**Myotomes**

**Reflex**

**Palpation**

**SHOULDER**

**Scapulothoracic**

**Impingement tests**

**Instability tests**

**Resisted tests**

**WRIST**

