

## OSCE Checklist: Examination of the Hand

Introduction	
Introduce yourself	
Wash hands	
Briefly explain to the patient what the examination involves	
Inspection	
Patients hands pronated	
Inspect the: <ul style="list-style-type: none"> <li>- Nails</li> <li>- Fingers</li> <li>- Dorsum of the hand</li> </ul>	
Patients hands pronated	
Inspect the: <ul style="list-style-type: none"> <li>- Palms</li> </ul>	
Palpation	
Temperature	
Radial pulse	
Thenar and hypothenar eminence	
Tendons	
Bones of the hands <ul style="list-style-type: none"> <li>- Radial and styloid processes</li> <li>- Carpal bones</li> <li>- Metacarpals</li> </ul>	
Gently squeeze all 4 MCP joints together	
Bimanually palpate all of the MCP joints, PIP joints, and DIP joints	
Movement	
Extension of the wrist	
Raise thumb off of the pillow	
Extension of the fingers	
Flexion of the fingers to 90 degrees at MCPs and extend PIPs	
Flexion of the wrist	
Flexion of the fingers at PIPs	
Isolate PIPs and flex at the DIPs	
Abduction and adduction of the wrist	
Flexion, abduction, opposition, and adduction of the thumb	
Assessing Function	
Power Grip	

Pincer Grip	
<b>Assessing Neurovascular status</b>	
Capillary refill	
Sensation <ul style="list-style-type: none"> <li>- Median nerve: radial surface of 2nd digit</li> <li>- Radial: dorsal surface of 1st web space</li> <li>- Ulnar: ulnar surface of 5th digit</li> </ul>	
<b>Special Tests</b>	
Phalen's test	
Tinel's test	
Finkelstein's test	
<b>Complete the Examination</b>	
Thank the patient	
To complete the examination: <ul style="list-style-type: none"> <li>- Examine joints above and below</li> <li>- Examine the contralateral hand</li> <li>- Review relevant imaging</li> </ul>	