

Elbow Examination

- 1- LOOK
- 2- FEEL
- 3- MOVE
- 4- Special tests: Golfer elbow, Tennis elbow.

Exposure:

- The patient must be fully undressed to **the waist**.

Position:

The patient should be standing: as the patient stands with the palm facing forward.

Look

Note any deformity or difference in the normal 5-10 valgus.

Inspect the front

- To check the carrying angle,

Inspect the side

- To check for a fixed flexion (often post-traumatic)

Inspect behind and on the inside

- To check for **scars, swellings, rashes, rheumatoid nodules** and **psoriatic plaques**.

Look for a joint effusion, which appears as a swelling on either side of the olecranon.

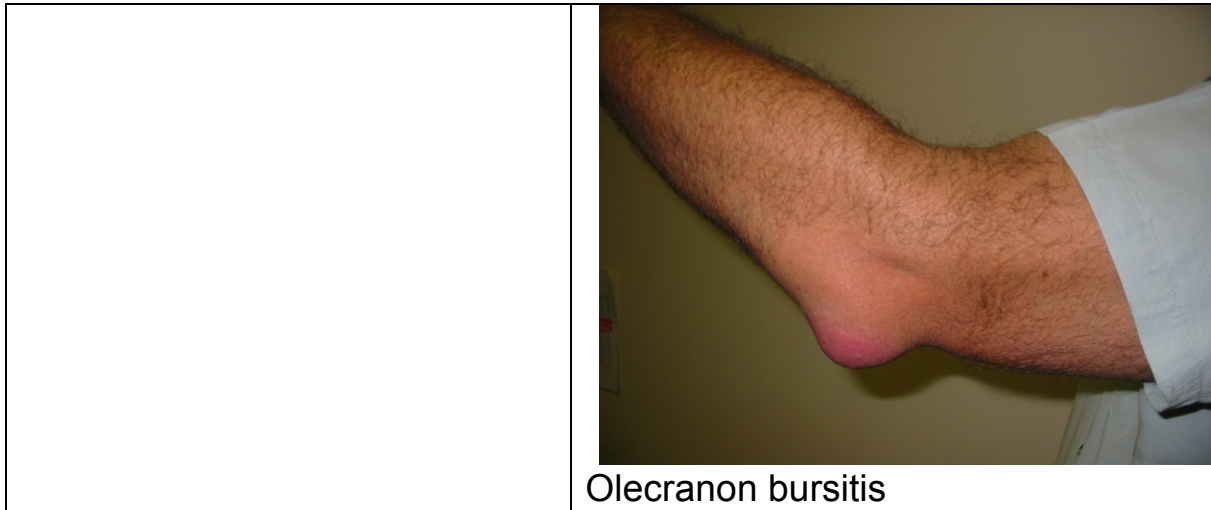
May be due to Rheumatoid nodules, Gouty tophi, and enlarged olecranon bursae.



Rheumatoid nodules



Psoriatic Plaques



Feel	
Feel temperature	May indicate inflammatory arthritis or infection
Feel for tenderness, Particularly over the lateral and medial epicondyles	Which may indicate tennis or Golfer's elbow .
Rheumatoid nodules are quite hard , may be tender , and attached to underlying structures .	
Gouty tophi are a firm feeling and often appear yellow under the skin .	
A fluid collection in the olecranon bursa is softy fluctuant and may be tender if inflammation is present.	Could be with rheumatoid arthritis, gout, or independently of these diseases.

Move	
The zero position is when the arm is fully extended (0°). Normal flexion is possible to 150°.	Limitation of extension is an early sign of synovitis.
- Ask the patient to flex the joint	Once these have been assessed actively they should be checked passively feeling for
- Ask the patient to extend the joint	
- Ask the patient for the pronation.	
- Ask the patient for the Supination.	

Special tests	
<u>Medial epicondylitis: "Golfers Elbow"</u>	
Ask the patient to actively flex the wrist whilst the elbow is flexed.	Localized pain over the medial epicondyle suggests a diagnosis of medial epicondylitis.
<u>Lateral epicondylitis: "Tennis Elbow"</u>	
<ul style="list-style-type: none"> - Ask the patient to actively extend the wrist whilst the elbow is flexed. - Ask the patient to extend wrist actively against resistance. 	Localized pain over the lateral epicondyle suggests a diagnosis of lateral epicondylitis.



Golfers Elbow

Tennis Elbow