

WRIST/HAND LAB

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BONY PALPATION

Radial styloid



Ulnar styloid



Lister's tubercle



Anatomic snuffbox



Scaphoid (Navicular)



Lunate



Triquetrum



Pisiform



Trapezium



Trapezoid



Capitate



Hamate



Hook of hamate



Metacarpals



Metacarpalphalangeal joints



Phalanges (PIP, DIP)



SOFT TISSUE PALPATION

Anatomic snuffbox

- extensor pollicis longus
- extensor pollicis brevis
- abductor pollicis longus



Palmar tunnels:

- -Tunnel of Guyon
- -Carpal tunnel



Flexor carpi radialis, Palmaris longus, Flexor carpi ulnaris



Ulnar artery



Radial pulse

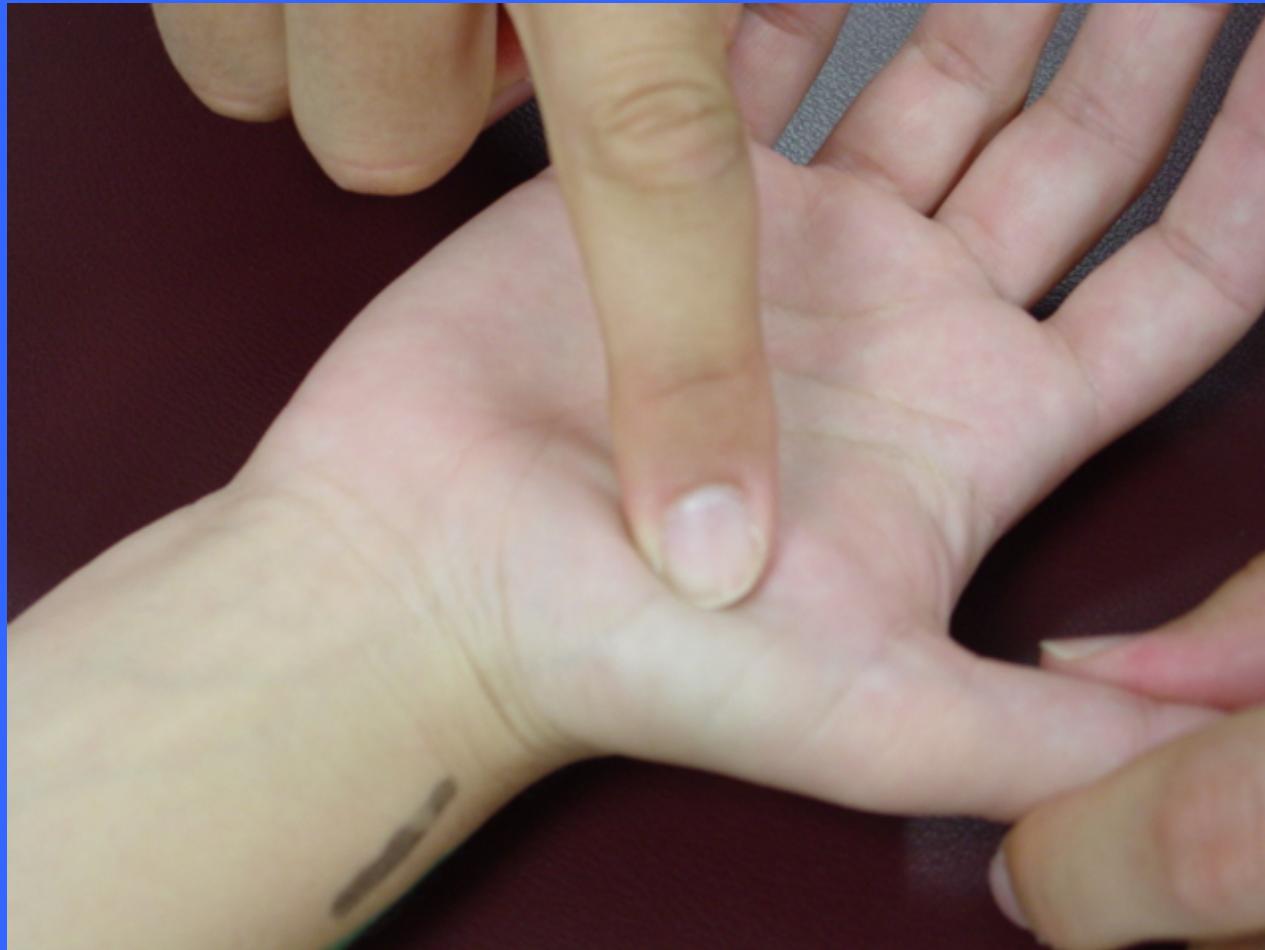


Dorsal tunnels:

- abd. poll. longus, ext. poll. Brevis
- ext. carpi radialis longus and brevis
- extensor pollicis longus
- ext. dig. communis, ext. indicis
- extensor digiti minimi
- extensor carpi ulnaris



Thenar eminence



Hypothenar eminence



SPECIAL TESTS

Allen test



Tinel's sign



Phalen's test



Finkelstein test

