

Elbow Flexion Test

Name: Rachel Adams

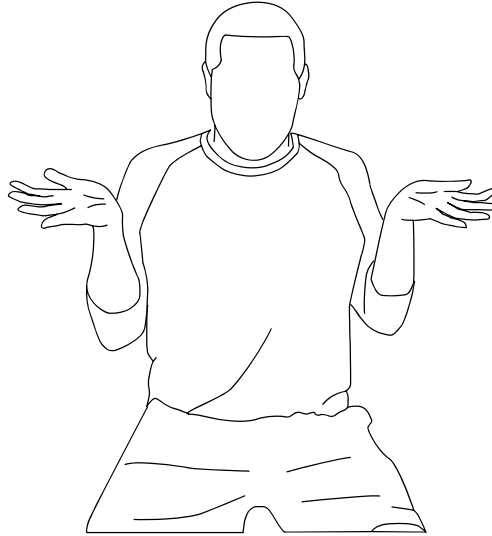
Age: 29

Gender: Female

Date: July 23, 2024

Test procedure

1. Ensure the patient is either standing or sitting with arms in the anatomical position.
2. Maximally flex the patient's elbows.
3. Maximally supinate the forearms.
4. Place the wrists into extension.
5. Maintain this position for up to 3 minutes.



Test findings

- Positive test:** Reproduction of pain, tingling, or numbness along the distribution of the ulnar nerve.
- Negative test (normal response):** No reproduction of symptoms

Additional notes

Rachel reported tingling and numbness along the distribution of the ulnar nerve within the first minute of maintaining the position.
Positive test suggests possible cubital tunnel syndrome.
Recommend further evaluation, including nerve conduction studies, to confirm diagnosis and determine the severity.
Advised Rachel to avoid activities that exacerbate her symptoms and consider ergonomic adjustments at her workplace.

Examiner information

Name: Emily White

Title: Orthopedic Specialist

Signature: 

Ccedseminars. (2017, November 3). *Elbow flexion test for cubital tunnel syndrome*. YouTube. https://www.youtube.com/watch?v=mF3bUpeQfzs&ab_channel=Ccedseminars