

Fovea Sign Test

Patient's full name:

Date assessed:

Patient's medical history:

Patient's reason for visit:

Purpose

The Fovea Sign Test is typically used to assess for instability or injury in the wrist, particularly involving the triangular fibrocartilage complex (TFCC). Pain elicited during this test may indicate a TFCC tear or other wrist pathology.

Instructions

1. Prepare an examination table.
2. Have the patient sit on one side of the table and place the arm with the affected wrist on it.
3. Have them position their arm in a 90° to 110° flexion.
4. While keeping their arm in flexion, have them keep their wrist in a neutral position.
5. Once the patient's arm and wrist are in position, the practitioner must place their thumb on the palmar surface between the ulnar head and the pisiform.
6. Once the practitioner's thumb is in position, press deep into the soft space.
7. While pressing this space, observe the patient's face to see if they're in pain, or let them inform the examiner if they feel pain.

Test results

Positive: The patient's facial expression shows signs of pain OR the patient mentioned feeling pain while pressing the soft space with my thumb.

Negative: The patient didn't feel any pain at all.

Notes:

Assessor's full name:

Signature:

References

Physiopedia. (2022, October 2). *Fovea Sign*. https://www.physio-pedia.com/index.php?title=Fovea_Sign&oldid=317788.

Tay, S. C., Tomita, K., & Berger, R. A. (2007). The "Ulnar Fovea Sign" for defining ulnar wrist pain: An analysis of sensitivity and specificity. *The Journal of Hand Surgery*, 32(4), 438–444. <https://doi.org/10.1016/j.jhsa.2007.01.022>.