

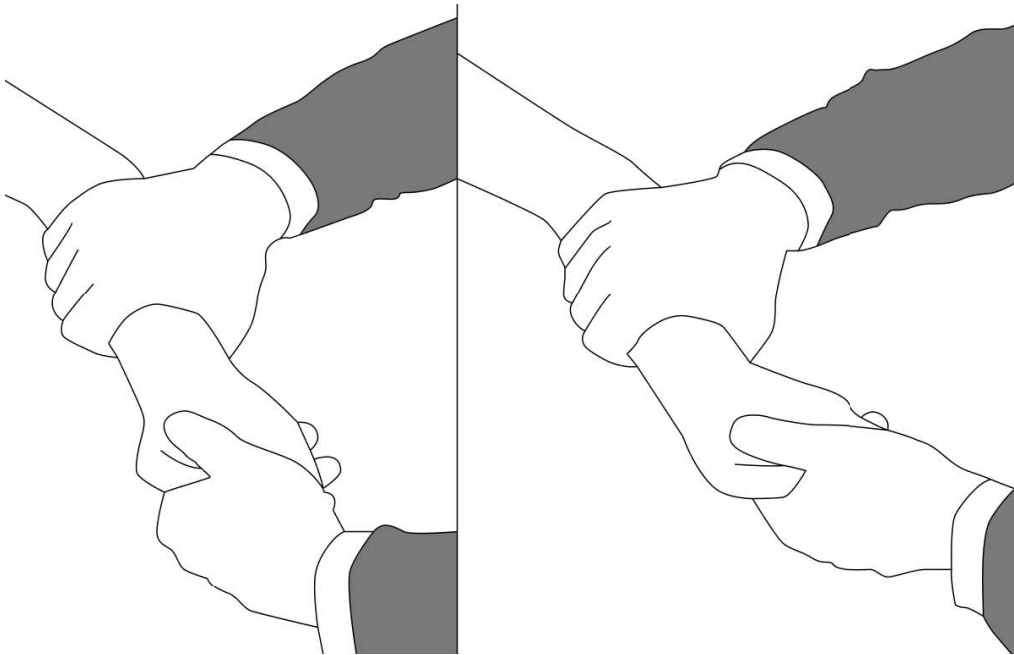
Midcarpal Instability Test

Patient's name: Helen Marcus Date: November 9, 2024

Age: 57 Gender: Female Examiner: Dr. Samuel Harris

Test procedure

1. Have the patient sit in front of you with their forearm pronated and the wrist in a neutral position (Feinstein et al., 1999) or in slight radial deviation (Prosser et al., 2015).
2. Use your right hand to grab the patient's hand if you are testing their right hand, and vice-versa. Place your thumb over the dorsum of the distal capitate bone. Use your other hand to stabilize the forearm.



3. Exerts a palmarly directed force onto the subject's wrist, allowing the carpus to translate palmarly, which stresses the arcuate ligament.
4. Ulnarly deviate the wrist while maintaining palmarly directed pressure.
5. Observe for clunking as the wrist approaches full ulnar deviation.
6. This test may be repeated with the wrist in a slightly supine position and then a slightly pronate position.

Results and interpretation

- Positive:** The patient experiences pain as the wrist is ulnarly deviated, and you feel a "clunking" sensation.
- Negative:** Pain is not reproduced and there is no clunk.

Additional notes

Patient reported discomfort and instability in the wrist during ulnar deviation. Palpable clunking confirmed midcarpal instability. Conservative treatment and physical therapy for wrist strengthening have been recommended, with potential for further imaging if symptoms persist.

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Lichtman, D. M., Bruckner, J. D., Culp, R. W., & Alexander, C. E. (1993). Palmar midcarpal instability: Results of surgical reconstruction. *The Journal of Hand Surgery*, 18(2), 307–315. [https://doi.org/10.1016/0363-5023\(93\)90366-b](https://doi.org/10.1016/0363-5023(93)90366-b)

Lichtman, D. M., & Wroten, E. S. (2006). Understanding midcarpal instability. *The Journal of Hand Surgery*, 31(3), 491–498. <https://doi.org/10.1016/j.jhsa.2005.12.014>

Orthofixar. (2023, July 18). *Lichtman test midcarpal instability*. <https://orthofixar.com/special-test/lichtman-test-wrist/>

Prosser, R., Harvey, L., LaStayo, P., Hargreaves, I., Scougall, P., & Herbert, R. D. (2011). Provocative wrist tests and MRI are of limited diagnostic value for suspected wrist ligament injuries: A cross-sectional study. *Journal of Physiotherapy*, 57(4), 247–253. [https://doi.org/10.1016/s1836-9553\(11\)70055-8](https://doi.org/10.1016/s1836-9553(11)70055-8)