

# Phalen's Test

Patient's full name: \_\_\_\_\_

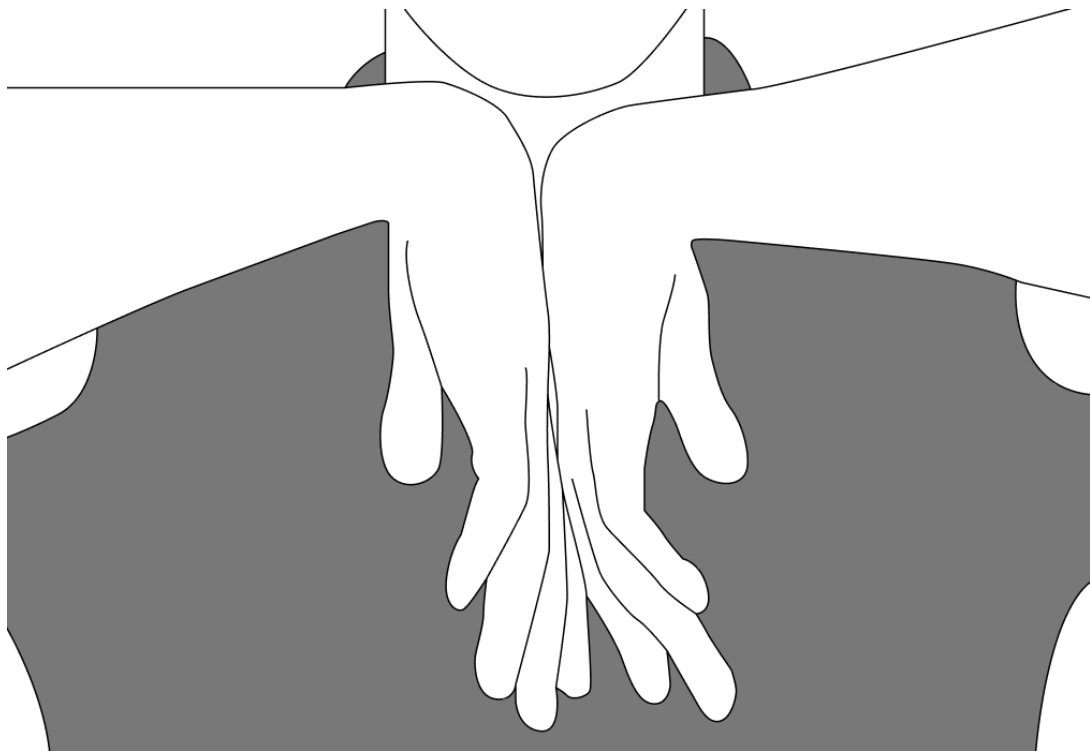
Date: \_\_\_\_\_

## What you need

- A chair for patients who need to sit down

## Instructions for the regular Phalen's Test

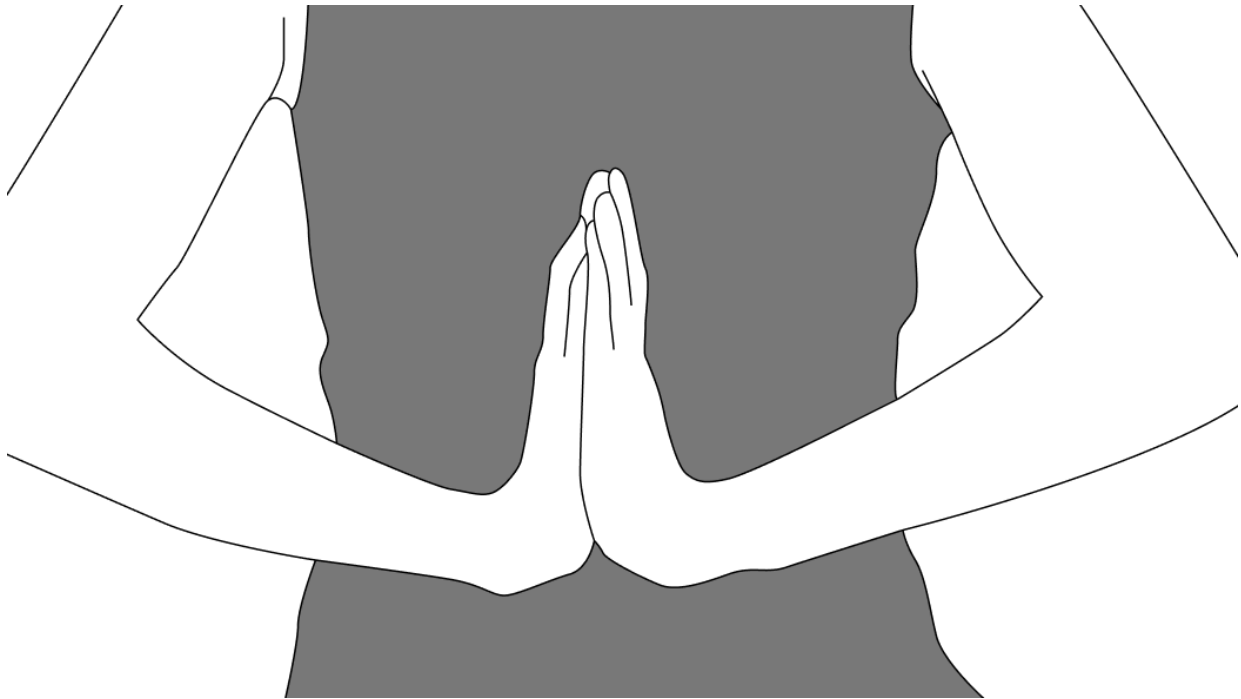
- Have your patient stand up or sit down.
- Tell them to relax and ensure they don't have tension in their arms.
- Have them maximally flex both wrists while pressing the dorsal side of each hand against each other.



- Have them maintain this position for one minute.
- Observe them for signs of pain, numbness, and/or tingling, especially in the in their thumb, index, middle, and/or the medial half of the ring finger.

## Instructions for the Reverse Phalen's Test

- Have your patient stand up or sit down.
- Tell them to relax and ensure they don't have tension in their arms.
- Have your patient press their hands together as if they were praying. The proximal ends of both hands must be pressed together.



- Have them lower their hands to the stomach area without lowering their elbows. They must maintain the prayer-like positioning of their hands.
- Have them maintain this position for one minute.
- Observe them for signs of pain, numbness, and/or tingling, especially in the in their thumb, index, middle, and/or the medial half of the ring finger.

## Results for the regular Phalen's Test

- Positive:** patient experienced tingling, numbness, pain, or weakness during the assessment.
- Negative:** patient did not experience tingling, numbness, pain, or weakness.

## Results for the Reverse Phalen's Test

- Positive:** patient experienced tingling, numbness, pain, or weakness during the assessment.
- Negative:** patient did not experience tingling, numbness, pain, or weakness.

**Reminder:** Whichever the result is, please conduct more provocative tests for detecting the possibility of carpal tunnel syndrome to cover more ground.

#### Additional notes

Clinical Physio. (2020, May 1). *Reverse Phalens Test for carpal tunnel syndrome* | *Clinical Physio [Video]*. YouTube. <https://www.youtube.com/watch?v=5Fc8oDOPOmY>

Magee, D. J. (2014). *Orthopedic physical assessment* (6th edition). Elsevier.

Physiotutors. (2020, January 15). *Phalen's Test | Carpal tunnel syndrome (CTS) [Video]*. YouTube. <https://www.youtube.com/watch?v=TMAD-dhT9PM>