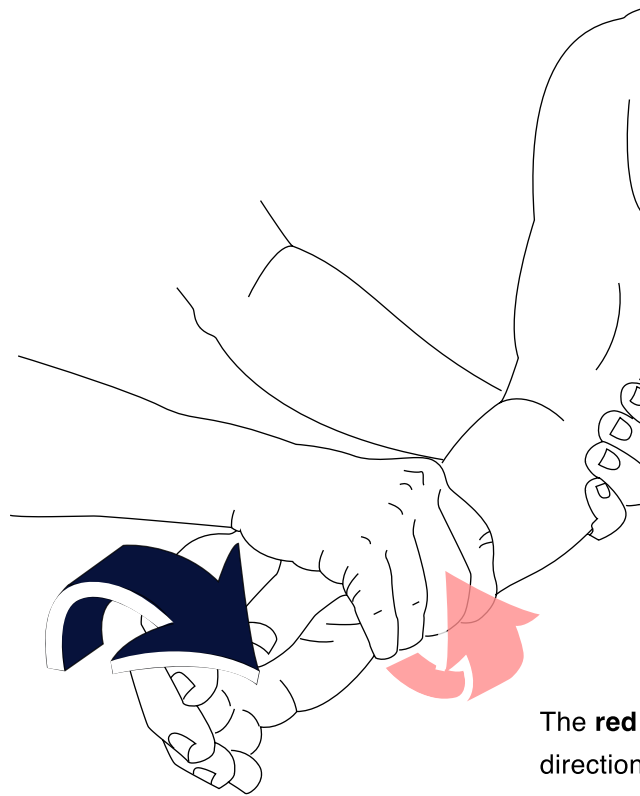


# Pronator Teres Syndrome Test

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date accomplished: \_\_\_\_\_



The **blue arrow** is the direction that the patient is trying to maintain.

The **red arrow** symbolizes the direction that the examiner is twisting.

## Test procedure

1. Have the patient stand with their elbow flexed at 90 degrees.
2. The examiner places one hand on the patient's elbow to stabilize it and the other hand grasps the patient's hand as if in a handshake.
3. Ensure the patient's forearm remains in a neutral position.
4. The examiner attempts to supinate the patient's forearm (red arrow), while the patient resists by engaging their pronator muscles to maintain pronation (blue arrow).
5. While maintaining resistance against pronation, the examiner extends the patient's elbow.
6. If the patient experiences pain or discomfort during this movement, it suggests possible median nerve compression by the pronator teres.
7. Instruct the patient to keep their elbow relaxed during the test to allow proper elbow extension.

## Test results

- Positive:** Pain or paresthesia is felt after pressing for 30 seconds proximally and laterally to the proximal edge of the pronator teres muscle belly.
- Negative**

Examiner: \_\_\_\_\_

Name of practice: \_\_\_\_\_ License number: \_\_\_\_\_

Contact number: \_\_\_\_\_ Email: \_\_\_\_\_