

Scapholunate Ballottement Test

The Scapholunate Ballottement Test is a diagnostic tool used to assess scapholunate ligament (SLL) injuries and instability in the wrist.

Test procedure

1. Ask your patient to sit with their arm resting on a table, palm facing down.
2. Stabilize the patient's forearm with one hand and use your other hand to grasp the patient's scaphoid bone (located on the thumb side of the wrist).
3. Apply pressure to the scaphoid bone, pushing it towards the back of the wrist.
4. While maintaining this pressure, move your fingers up and down in a rocking motion to feel for any movement or "clunking" in the joint.
5. Repeat steps 2-4 while grasping the lunate bone (located next to the scaphoid bone) and assessing for any abnormal movement.

Results

Positive: If there is significant movement or "clunking" felt in either the scaphoid or lunate bone, it may indicate a torn or loose SLL.

Negative: If there is no abnormal movement felt, the test is negative and indicates that the SLL is stable.

Additional notes and recommendations

Healthcare professional's information

Name:

Medical license number:

Contact number:

Signature: