

Wrist Hyperflexion and Abduction of the Thumb (WHAT) Test

Patient information	
Name:	Age:
Gender:	Date:
Purpose	
<p>The WHAT test is used to diagnose de Quervain's tenosynovitis, a condition affecting the abductor pollicis longus (AbPL) and extensor pollicis brevis (EPB) tendons in the wrist. This test, developed as an alternative to the Finkelstein's test, better isolates these tendons and helps in the accurate diagnosis of the condition.</p>	
Test procedure	
<ol style="list-style-type: none">1. Ask the patient to sit comfortably.2. Ask the patient to actively hyperflex their wrist while abducting their thumb.3. Apply resistance to the thumb's abduction using the index finger.4. Tell the patient to attempt to maintain the thumb's abduction against the resistance.5. The test is positive if the patient experiences pain during the resisted movement.	
Test results	
Positive: Pain is elicited during resisted abduction of the thumb, indicating possible de Quervain's tenosynovitis.	
Negative: No pain is elicited during the test, suggesting the absence of de Quervain's tenosynovitis.	
Additional notes	
Healthcare professional information	
Name:	
Signature:	Date:

Reference

Goubau, J. F., Goubau, L., Van Tongel, A., Van Hoonacker, P., Kerckhove, D., & Berghs, B. (2013). The Wrist Hyperflexion and Abduction of the Thumb (WHAT) Test: A more specific and sensitive test to diagnose de Quervain tenosynovitis than the Eichhoff's Test. *Journal of Hand Surgery (European Volume)*, 39(3), 286–292. <https://doi.org/10.1177/1753193412475043>