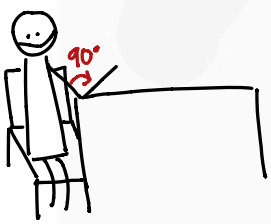
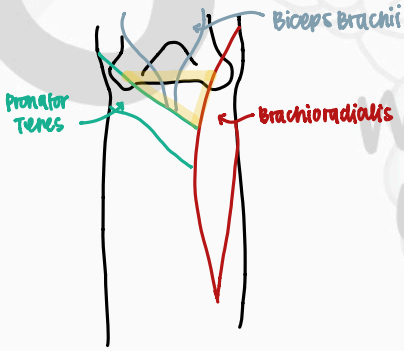
PALPATIONS

CUBITAL FOSSA

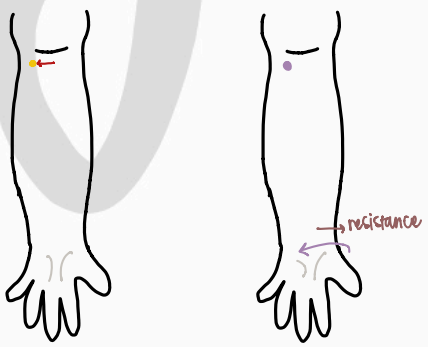
- ↳ pt position: seated, elbow flexed to 90°
- ↳ superior border: imaginary line between epicondyles
- ↳ lateral border: medial border of brachioradialis
- ↳ medial border: lateral border of pronator teres
- ↳ middle of fossa: biceps brachii tendon





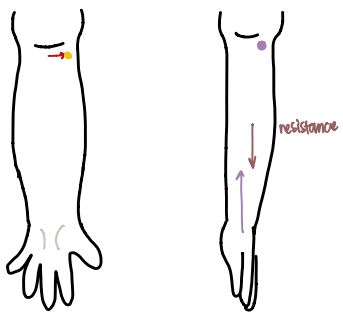
PRONATOR TERES

- ↳ pt position: seated, elbow flexed to 90°
- ↳ start in the middle of cubital fossa
- ↳ move medially to the 1st muscle, which is the pronator teres
- ↳ confirmation:
  - have pt's hand in supination
  - have pt go into pronation with resistance
  - should feel muscle contract & pop into finger



BRACHIORADIALIS

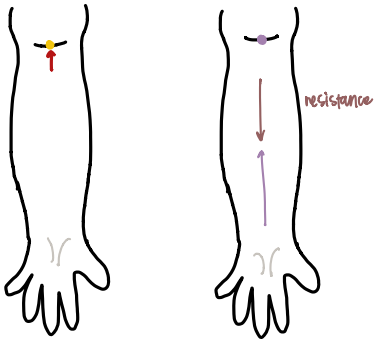
- ↳ pt position: seated, elbow flexed to 90°
- ↳ start in the middle of the cubital fossa
- ↳ move laterally to the 1st muscle, which is brachioradialis
- ↳ confirmation:
  - have pt's hand in neutral
  - have pt flex elbow with resistance
  - should feel muscle contract & pop into finger



COMMON TENDON OF BICEPS

- ↳ pt position: seated, elbow flexed to 90°
- ↳ start in the middle of the cubital fossa
- ↳ move proximally to imaginary line between epicondyles to feel a rope-like structure
- ↳ confirmation:
  - have pt's hand in supination
  - have pt flex elbow with resistance
  - should feel muscle contract & pop into finger

*bicipital aponeurosis is medial & distally



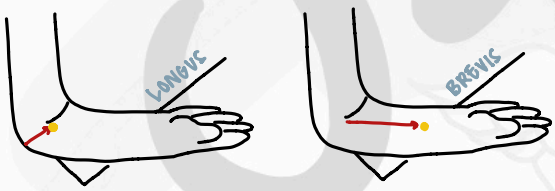
EXTENSOR CARPI RADIALIS LONGUS & BREVIS

↳ pt position: seated, elbow flexed, hand hanging off table, supinated

↳ start on lateral epicondyle

↳ LONGUS:
- move medially to the side of the cubital fossa

↳ BREVIS:
- from longus, move distally to about the middle of the forearm



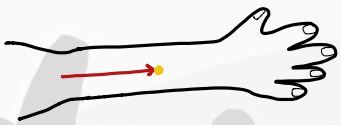
↳ confirmation:
- have pt make a fist
- have pt extend wrist
- should feel muscle contract & pop into finger

EXTENSOR DIGITORUM

↳ pt position: seated, elbow flexed, pronated

↳ start on lateral epicondyle

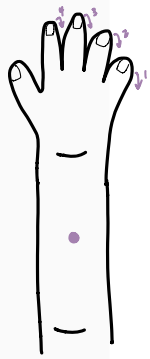
↳ move distally to the middle of the forearm



↳ confirmation:
- have pt extend MCPs while flexing DIPs & IPs
- muscle should pop into finger

OR
- have pt move fingers up & down from pinky to index (like playing a piano) to feel muscle moving up & down

OR



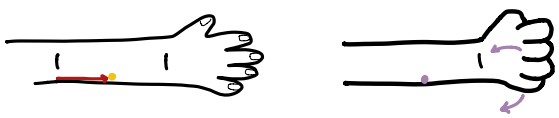
EXTENSOR CARPI ULNARIS

↳ pt position: seated, elbow flexed, pronated

↳ start at the lateral epicondyle & move distally on the ulna

↳ go to the middle of the forearm to the muscle

↳ confirmation:
- have pt make a fist & extend wrist
- have pt ulnarly deviate to feel muscle pop into your finger



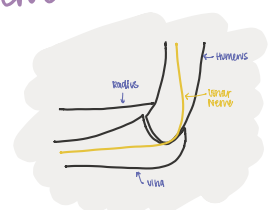
ULNAR NERVE

↳ pt position: seated, elbow flexed, supinated

↳ start at medial epicondyle & move laterally to be medial to the cubital tunnel

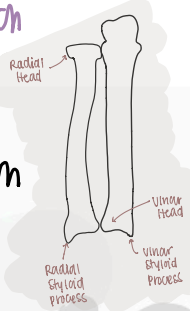
↳ go ½ cm proximal & roll over nerve

↳ confirmation:
- can feel some sensation when rolling over nerve



RADIAL STYLOID PROCESS

- pt position: seated
- start at the radial head
  - confirm w/ pronation & supination
    - should rotate
- move distally along radius until you reach the tip before the depression of wrist
- confirmation:
  - have pt ulnarly deviate & place your finger on the radial styloid process
  - move wrist into radial deviation
    - styloid process shouldn't move
    - if it moves, you're on a carpal bone



ULNAR STYLOID PROCESS

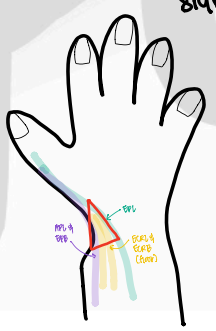
- pt position: seated
- start at the olecranon & move down ulna
- find the tip on the on the distal end of the ulna
- confirmation:
  - have pt ulnarly deviate & place your finger on the ulnar styloid process
  - move wrist into radial deviation
    - styloid process shouldn't move
    - if it moves, you're on a carpal bone

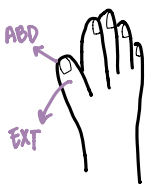
LISTER'S TUBERCLE

- pt position: seated
- start at radial styloid process
  - do confirmation
- move medially on the posterior side of wrist until the tubercle

ANATOMICAL SNUFF BOX

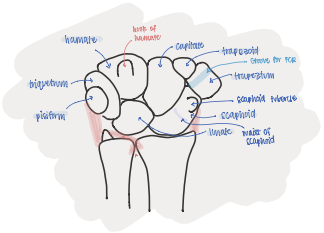
- pt position: seated
- start at the radial styloid process
  - do confirmation
- move distally to the hollow on the posterior side of the hand
  - confirmation:
    - identify borders:
      - APL & EPB as radial border
      - EPL as ulnar border
    - confirm muscles:
      - Abductor pollicis longus: abduct thumb
      - Extensor pollicis brevis & longus: extend thumb
        - ★ EPL attaches to distal phalanx of thumb → ulna
        - ★ EPB attaches to proximal phalanx of thumb → radius

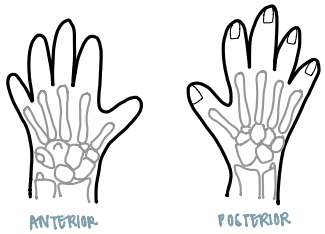




CARPAL BONES

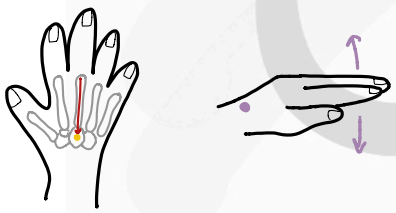
↳ pt position: seated





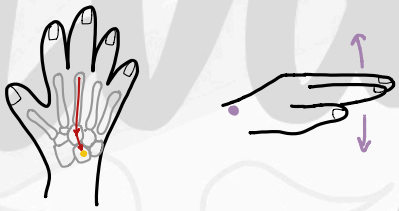
CAPITATE

↳ start with hand in pronation
↳ follow 3rd metacarpal down proximally until you're at the base (prominence)
↳ move proximally into the depression, which is the back of the capitate
↳ confirmation:
- have pt flex & ext. wrist
  ↳ capitate doesn't move
  ↳ if it moves, you're on lunate



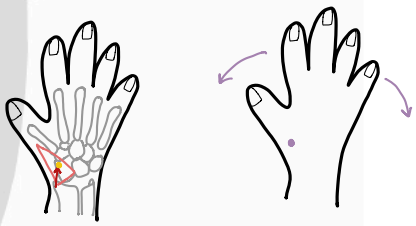
LUNATE

↳ start with hand in pronation
↳ find capitate
↳ move proximally & slightly ulnar
↳ confirmation:
- have pt flex wrist → lunate should move into your finger
- have pt ext wrist → lunate should move away from your finger



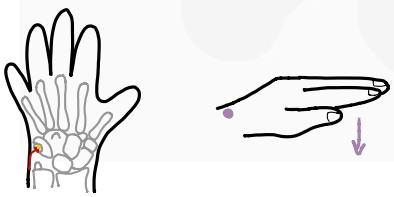
SCAPHOID

↳ start with hand in pronation
↳ find the radial styloid process
↳ move into the anatomical snuff box
↳ scaphoid is the floor of it
↳ confirmation:
- have pt ulnarly deviate → scaphoid should move into your finger
- have pt radialy deviate → scapoid should move away from your finger



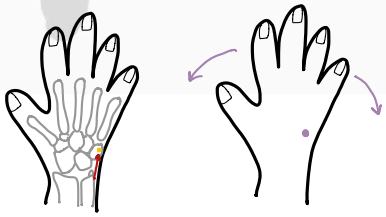
PISIFORM

↳ start with hand in supinatation
↳ find ulnar stylcid process
↳ move distally and medially to feel a bony prominence
↳ confirmation:
- have pt flex wrist
- can move pisiform because FCU is on stack



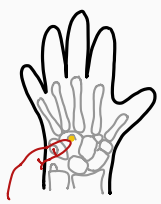
TRIQUETRUM

↳ start with hand in pronation
↳ find ulnar styloid process
↳ move just distally to find the triquetrum
↳ confirmation:
- have pt move into radial deviation → triquetrum moves into your finger
- have pt move into ulnar deviation → triquetrum moves away from your finger



HOOK OF HAMATE

↳ start with hand in supination
↳ find ulnar styloid process
↳ place IP of thumb onto pisiform & point thumb towards pt's index finger & dive deep



★ Guyon's canal: in between pisiform & hook of hamate

GONIOMETRY

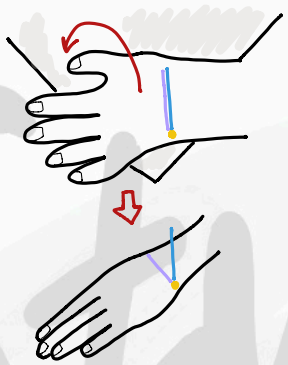
FOREARM PRONATION: AAOS 80°

Pt position: seated, elbow at side & bent to 90°, wrist at neutral

Fulcrum: Ulnar Styloid Process

Stationary: lined up with length of humerus

Moving: on top of the flatest part of forearm on POSTERIOR aspect



* Firm end feel

HALF-MOON GONI

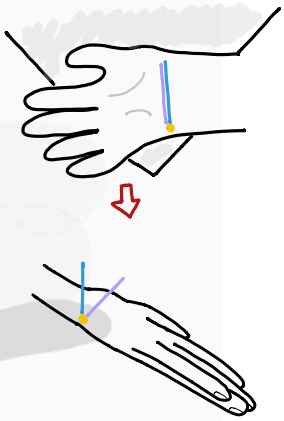
FOREARM SUPINATION: AAOS 80°

Pt position: seated, elbow at side & bent to 90°, wrist at neutral

Fulcrum: Ulnar Styloid Process

Stationary: lined up with length of humerus

Moving: on top of the flatest part of forearm on ANTERIOR aspect



* Firm end feel

HALF-MOON GONI

ULNAR DEVIATION: AAOS 30°

Pt position: seated, shoulder abducted to 90°, elbow flexed to 90°, forearm pronated

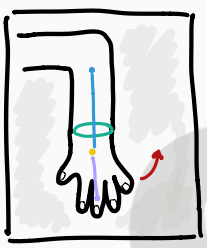
SMALL GONI

Fulcrum: capitate

Stationary: midline of forearm

Moving: in line w/ 3rd metacarpal

Stabilize at wrist



* Firm end feel

RADIAL DEVIATION: AAOS 20°

Pt position: seated, shoulder abducted to 90°, elbow flexed to 90°, forearm pronated

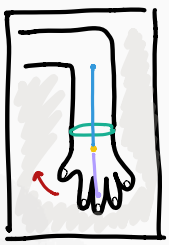
SMALL GONI

Fulcrum: capitate

Stationary: midline of forearm

Moving: in line w/ 3rd metacarpal

Stabilize at wrist



* Firm end feel

WRIST EXTENSION: AAOS 70°

Pt position: seated, shoulder abducted, elbow bent to 90°, pronated

SMALL GONI

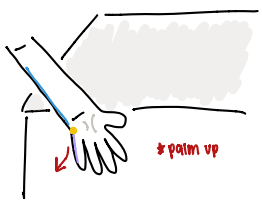
Fulcrum: Triquetrum

Stationary: midline of ulna

Moving: along 5th Metacarpal

Table already stabilizes hand

* Firm end feel



WRIST FLEXION: AAOS 80°

Pt position: seated, shoulder abducted, elbow bent to 90°, pronated

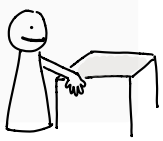
SMALL GONI

Fulcrum: Triquetrum

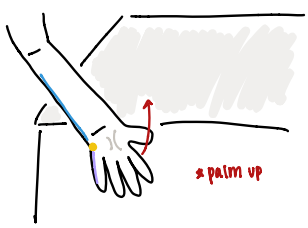
Stationary: midline of ulna

Moving: along 5th Metacarpal

Table already stabilizes hand



* Firm end feel

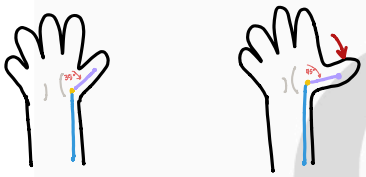


THUMB CMC EXTENSION: AAOS 20°

ex) Start: 35° is at zero position

End: 45° is end position

Result: 10° CMC Extension for Thumb (45° - 35°)



HALF-MOON GONI

Pt position: seated, supinated

Fulcrum: palmar aspect of CMC joint

Stationary: along length of radius (to radial head)

Moving: in line with midline of metacarpal

* firm end feel

THUMB CMC FLEXION: AAOS 15°

ex) Start: 35° is at zero position

End: 15° is at end position

Result: 20° CMC Flexion for Thumb (35° - 15°)

HALF-MOON GONI

Pt position: seated, supinated

Fulcrum: palmar aspect of CMC joint

Stationary: along length of radius (to radial head)

Moving: in line with midline of metacarpal

* soft end feel

THUMB CMC ABDUCTION: AAOS 70°

Pt position: seated, look at side of hand

Fulcrum: Radial Styloid Process

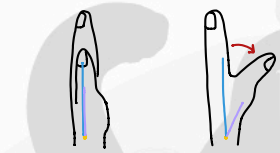
Stationary: 2nd Metacarpal

Moving: 1st Metacarpal

* firm end feel

* AAOS is 70° but definitely won't get 70° because of the way we are measuring. Will probably get around 40-50°.

HALF-MOON GONI



* 1st & 2nd Metacarpal are in the sagittal plane

THUMB IP FLEXION: AAOS 80°

Pt position: seated, look at side of hand

Fulcrum: Dorsal aspect of IP

Stationary: Dorsal aspect proximal to MC

Moving: Dorsal midline of distal phalanx

* Hard / firm end feel

HALF-MOON GONI

THUMB MCP FLEXION: AAOS 50°

Pt position: seated, look at side of hand

Fulcrum: Dorsal aspect of MCP

Stationary: Dorsal midline of MC

Moving: Dorsal midline of proximal phalanx

* Hard / firm end feel

FINGER GONI

THUMB MCP EXTENSION: AAOS 0°

Pt position: seated, look at side of hand

Fulcrum: Dorsal aspect of MCP

Stationary: Dorsal midline of MC

Moving: Dorsal midline of proximal phalanx

* Hard / firm end feel

FINGER GONI

FINGER MCP FLEXION: AAOS 90°

Pt position: Seated, pronated

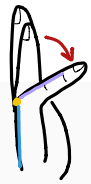
Fulcrum: Dorsal aspect of MCP joint

Stationary: Dorsal aspect of MC

Moving: Dorsal aspect of Proximal phalanx

★ Firm end feel

FINGER GONI



FINGER MCP EXTENCION: AAOS 45°

Pt position: Seated, pronated

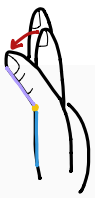
Fulcrum: Dorsal aspect of MCP joint

Stationary: Dorsal aspect of MC

Moving: Dorsal aspect of Proximal phalanx

★ Firm end feel

FINGER GONI



FINGER MCP ABDUCTION: AAOS 20°

Pt position: Seated, pronated

Fulcrum: Dorsal aspect of MCP joint

Stationary: Dorsal aspect of MC

Moving: Dorsal aspect of Proximal phalanx

★ Firm end feel

FINGER GONI

FINGER PIP FLEXION: AAOS 100°

Pt position: Seated, look at side

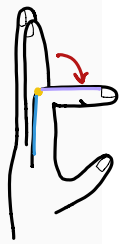
Fulcrum: Dorsal aspect of PIP joint

Stationary: Dorsal aspect of proximal phalanx

Moving: Dorsal aspect of middle phalanx

★ Hard end feel

FINGER GONI



FINGER PIP EXTENSION: AAOS 0°

Pt position: Seated, look at side

Fulcrum: Dorsal aspect of PIP joint

Stationary: Dorsal aspect of proximal phalanx

Moving: Dorsal aspect of middle phalanx

★ Hard end feel

FINGER GONI

FINGER DIP FLEXION: AAOS 90°

Pt position: Seated, look at side

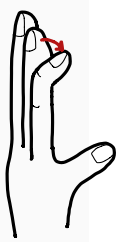
Fulcrum: Dorsal aspect of DIP joint

Stationary: Dorsal aspect of middle phalanx

Moving: Dorsal aspect of distal phalanx

★ Firm end feel

FINGER GONI



FINGER DIP EXTENSION: AAOS 0°

Pt position: Seated, look at side

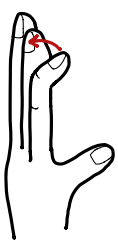
Fulcrum: Dorsal aspect of DIP joint

Stationary: Dorsal aspect of middle phalanx

Moving: Dorsal aspect of distal phalanx

★ Firm end feel

FINGER GONI



MUSCLE LENGTH TESTING

SUPINATOR

Pt position: seated / supine, elbow bent at 90° and at side, neutral wrist

Move pt into pronation →
- stabilize at elbow
- pressure hand above wrist
- stop motion when you feel the muscle getting tight

Fulcrum: ulnar styloid process
Stationary: lined up w/ humerus
Moving: flat part of forearm proximal to ulnar styloid process

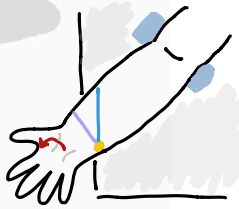
Compare goni measurement to forearm pronation

HALF-MOON GONI

PRONATOR TERES & PRONATOR QUADRATUS

Pt position: seated or supine, elbow in full extension, towel under elbow, neutral wrist

Move pt into supination→
- stabilize at elbow
- pressure hand above wrist
- stop motion when you feel the muscle getting tight



Fulcrum: proximal to ulnar styloid process
Stationary: in line w/ humerus
Moving: flat part of forearm

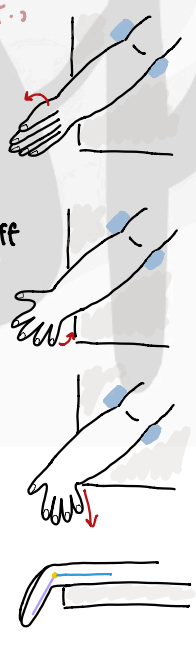
Compare goni measurement to forearm supination

HALF-MOON GONI

ECRL / ECRB

Pt position: seated, elbow in full ext., towel under elbow, neutral wrist

Move pt into pronation →
- then into full ulnar deviation
- then into wrist flexion
- hold hand & elbow (keep hand off of 5th metacarpal)



Fulcrum: ulnar styloid process
Stationary: midline of ulna (towards lateral epicondyle
Moving: along 5th metacarpal

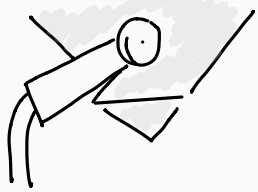
Compare goni measurement to wrist flexion

* Normal that this measurement is slightly less than wrist flexion

TO ISOLATE ECRB:

↳ have pt lean forward in seat so elbow is in flexion

SMALL GONI



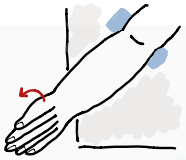
↳ do the same motions as for both ECRL & ECRB

EXTENSOR CARPI ULNARIS

Pt position: seated, elbow in full extension, towel under elbow, neutral wrist

SMALL GONI

Move pt into pronation →
- move pt into full radial deviation and then into wrist flexion
- hold above wrist & stabilize at elbow → then switch from elbow to hand
- keep hand off of 5th metacarpal

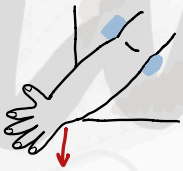


Fulcrum: ulnar styloid process

Stationary: midline of ulna (towards lateral epicondyle)

Moving: along 5th metacarpal

Compare goni measurement to wrist flexion



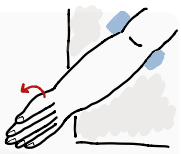
* Normal that this measurement is slightly less than wrist flexion

EXTENSOR DIGITORUM

Pt position: seated, elbow in full extension, towel under elbow, neutral wrist

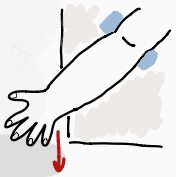
SMALL GONI

Move pt into pronation →
- then move pt into wrist flexion
- hold above wrist & stabilize at elbow → then switch from elbow to hand
- keep hand off of 5th metacarpal



Fulcrum: ulnar styloid process

Stationary: midline of ulna (towards lateral epicondyle)

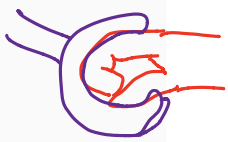


Moving: along 5th metacarpal

Compare goni measurement to wrist flexion

* Normal that this measurement is slightly less than wrist flexion

* fingers curled → stop when fingers start to uncurl

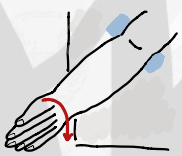


FLEXOR DIGITORUM PROFUNDUS / SUPERFICIALIS

Pt position: seated, elbow in full extension, towel under elbow, neutral wrist

SMALL GONI

Move pt into full supination →
- then into wrist extension
- stop when fingers start to curl



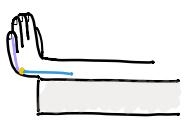
Fulcrum: ulnar styloid process

Stationary: midline of ulna (towards lateral epicondyle)

Moving: along 5th metacarpal

Compare goni measurement to wrist extension

* Normal that this measurement is slightly less than wrist extension

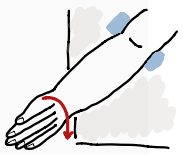


FLEXOR CARPI ULNARIS

Pt position: seated, elbow in full extension, towel under elbow, neutral wrist

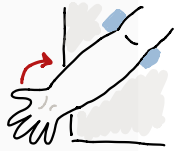
SMALL GONI

Move pt into full supination →
- then radially deviate
- then move into wrist extension
- stop when fingers start to curl



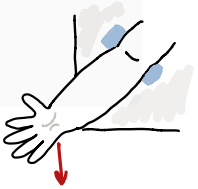
Fulcrum: ulnar styloid process

Stationary: midline of ulna (towards lateral epicondyle)



Moving: along 5th metacarpal

Compare goni measurements to wrist extension



* Normal that this measurement is slightly less than wrist extension

FLEXOR CARPI RADIALIS

Pt position: seated, elbow in full extension, towel under elbow, neutral wrist

Move pt into full supination →
- then ulnarly deviate
- then move into wrist extension
- stop when fingers start to curl

Fulcrum: ulnar styloid process

Stationary: midline of ulna (towards lateral epicondyle)

Moving: along 5th metacarpal

Compare goni measurements to wrist extension

* Normal that this measurement is slightly less than wrist extension

SMALL GONI

LUMBRICALS

Pt position: seated, pronated

Have pt flex DIP & IPs →
- then bring MCPs into ext.
- do each finger individually

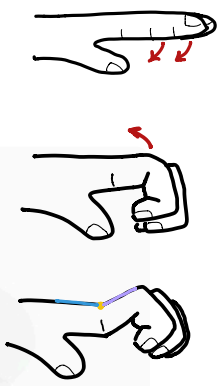
Fulcrum: Dorsal aspect of MCP

Stationary: Dorsal aspect of MC

Moving: Dorsal aspect of proximal phalanx

Compare goni measurement to MCP Extension

FINGER GONI



MANUAL MUSCLE TESTING

PRONATOR TERES & PRONATOR QUADRATUS

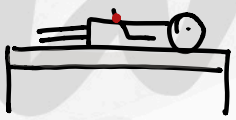
Pt position: supine & hooklying/legs extended

Test position: elbow flexed to just less than 90°, elbow against side

AROM: pronation

Pressure hand: Both hands right below wrist with lumbrical grip, rotate into supination

Stabilizing hand: none



PRONATOR QUADRATUS

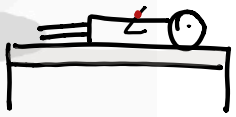
Pt position: supine & hooklying/legs extended

Test position: elbow flexed to just more than 90°, elbow against side

AROM: pronation

Pressure hand: Both hands right below wrist with lumbrical grip, rotate into supination

Stabilizing hand: none



BICEPS & SUPINATOR

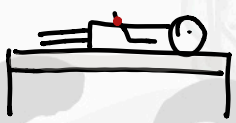
Pt position: supine & hooklying / legs extended

Test position: elbow flexed to just less than 90°, elbow against side

AROM: supination

Pressure hand: Both hands right below wrist with lumbrical grip, rotate into pronation

Stabilizing hand: none



ISOLATING SUPINATOR, LENGTHENS BICEPS

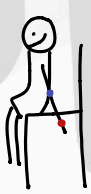
Pt position: seated

Test position: shoulder in full extension, into supination

AROM: supination

Pressure hand: one hand right below wrist with lumbrical grip, rotate into pronation

Stabilizing hand: elbow/distal end of humerus



ISOLATING SUPINATOR, SHORTENING BICEPS

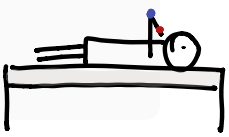
Pt position: supine & hooklying / legs extended

Test position: shoulder flexed to 90°, elbow fully flexed, then supination

AROM: supination

Pressure hand: one hand right below wrist with lumbrical grip, rotate into pronation

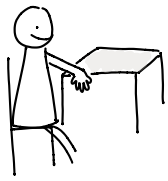
Stabilizing hand: elbow/distal end of humerus

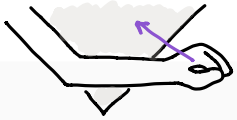


ECRL & ECRB

Pt position: seated

Test position: elbow 30° from full extension, forearm rested on table, hand in fist
- ↳ pronated
- ↳ wrist extension & radial deviation (at the same time)

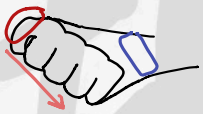




AROM: wrist extension & radial deviation

Pressure hand: pushing on radial side of hand, push into wrist flexion & ulnar deviation

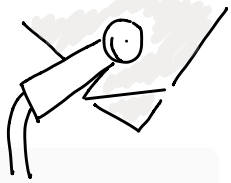
Stabilizing hand: just below wrist

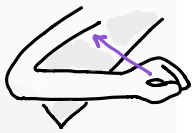


ISOLATING ECRB

Pt position: seated, leaned forward as much as pt can

Test position: elbow flexed, forearm rested on table, hand in fist
- ↳ pronated
- ↳ wrist extension & radial deviation (at the same time)

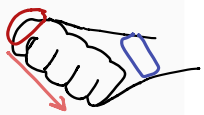




AROM: wrist extension & radial deviation

Pressure hand: pushing on radial side of hand, push into wrist flexion & ulnar deviation

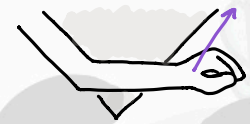
Stabilizing hand: just below wrist



EXTENSOR CARPI ULNARIS

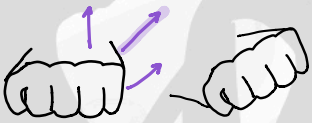
Pt position: seated

Test position: elbow slightly flexed, forearm rested on table, hand in fist
- ↳ pronated
- ↳ wrist extension & ulnar deviation

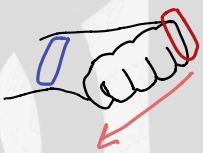


AROM: wrist extension & ulnar deviation

Pressure hand: pushing on ulnar side of hand, push into wrist flexion & radial deviation



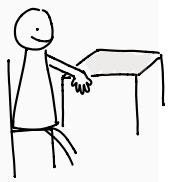
Stabilizing hand: just below wrist



EXTENSOR DIGITORUM

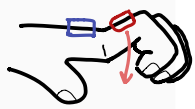
Pt position: seated

Test position: flex DIP & IP's, extend MCP's, pronated wrist



AROM: MCP extension

Pressure hand: fingers on distal portion of phalanx to match pt's fingers, push into MCP flexion

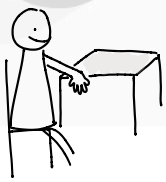


Stabilizing hand: across metacarpals

PALMARIS LONGUS

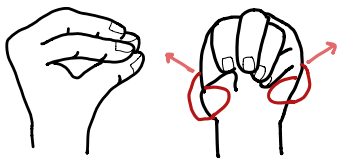
Pt position: seated

Test position: MCPs flexed (like a beak), supinated



AROM: bring fingertips together (fingers straight)

Pressure hand: Both hands, fingers on 1st & 5th MC, try to flatten palm

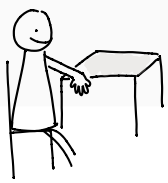


Stabilizing hand: None

FLEXOR CARPI RADIALIS

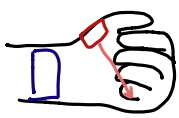
Pt position: seated

Test position: fingers curled, supinated
- ↳ wrist flexion & radial deviation



AROM: wrist flexion & radial deviation

Pressure hand: push hand into extension & ulnar deviation



Stabilizing hand: just below wrist

FLEXOR CARPI ULNARIS

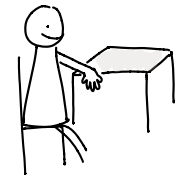
Pt position: seated

Test position: fingers curled, supinated
↳ wrist flexion & ulnar deviation

AROM: wrist flexion & ulnar deviation

Pressure hand: pull hand into extension & radial deviation

Stabilizing hand: just below wrist



FLEXOR DIGITORUM SUPERFICIALIS

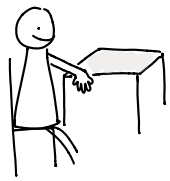
Pt position: seated

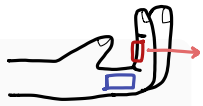
Test position: Hand in supination
↳ fixed PIP, extended DIP

AROM: PIP flexion, DIP extension

Pressure hand: on distal aspect of finger to move PIP into extension

Stabilizing hand: lateral aspect of phalange (so you're not holding onto the muscle)





FLEXOR DIGITORUM PROFUNDUS

Pt position: seated

Test position: Hand in supination
↳ fixed DIP, extended PIP

AROM: DIP flexion, PIP extension

Pressure hand: on distal aspect of finger to move DIP into extension

Stabilizing hand: lateral aspect of phalange (so you're not holding onto the muscle)

LUMBRICALS

Pt position: seated

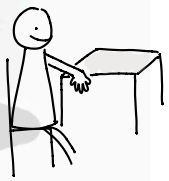
Test position: extend DIP & PIP, flex MCP

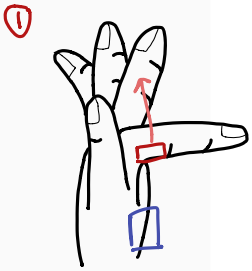
AROM:
① MCP flexion
② IP extension

Pressure hand:
① apply pressure on phalanx to move MCP into extension
② apply pressure on distal & middle phalanx to move IPs into flexion

Stabilizing hand: proximal to MCP's

* #2 is a better indicator of the strength of the lumbricals bc many muscles help w/ MCP flexion (FDP & FDS) but not many help w/ DIP & PIP extension





ABDUCTOR POLLICIS BREVIS

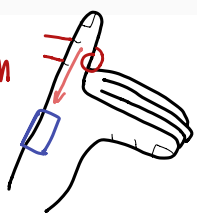
Pt position: seated

Test position: thumb in abduction, supinated

AROM: thumb abduction

Pressure hand: hook onto proximal phalanx to apply pressure on thumb & try to move into adduction

Stabilizing hand: hand & wrist (don't block CMC joint)



OPPONENS POLLICIS

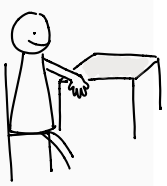
Pt position: seated

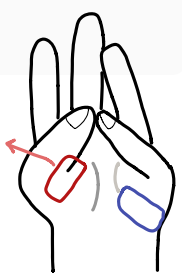
Test position: Thumb in abduction, flexion, & medially rotated, supinated

AROM: thumb opposition (abduct, flex, med. rotate towards pinky)

Pressure hand: hold onto thenar muscles & apply pressure on MCs & try to adduct, extend, & lat. rotate thumb

Stabilizing hand: wrist, hypothenar muscles





FLEXOR POLLICIS BREVIS

Pt position: seated (PT sit on thumb side)

Test position: thumb flexed at MCP, supinated

AROM: Thumb MCP flexion

Pressure hand: hook onto proximal phalanx to try to move into MCP extension

Stabilizing hand: wrist / hypothenar (flat lumbrical grip)

*look for change in position at MCP or IP

FLEXOR POLLICIS LONGUS

Pt position: seated (PT sit on thumb side)

Test position: thumb MCP in extension, IP flexed, supinated

AROM: Thumb IP flexion

Pressure hand: hook onto distal phalanx to apply pressure on thumb & try to move into IP extension

Stabilizing hand: wrist / hypothenar (flat lumbrical grip)

ADDUCTOR POLLICIS

Pt position: seated

Test position: thumb in adduction, supinated

AROM: Thumb adduction

Pressure hand: hold onto inside of proximal phalanx, thumb on top of pt's thumb, move pt into abduction

Stabilizing hand: across palm on hypothenar muscles

*don't cross muscle belly (middle of metacarpal)

PALMAR INTEROSSEI

Pt position: seated

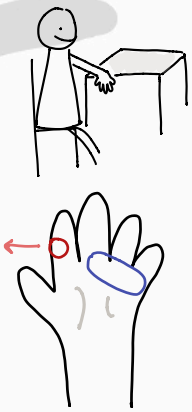
Test position: index & middle fingers next to each other, supinated

AROM: Finger adduction of 2nd digit

Pressure hand: hold onto index finger & try to move pt's index away from the middle finger

Stabilizing hand: other fingers w/ lumbrical grip

*This is for 2nd digit, but can do w/ 4th & 5th too → change to respective digit



4th digit:
- ↳ middle & ring fingers together
- ↳ hold onto ring finger & move away

5th digit:
- ↳ ring & pinky together
- ↳ hold onto pinky & move away

DORSAL INTEROSSEI

Pt position: seated

Testing position: index & middle fingers separated from each other, pronated

AROM: Finger abduction of 2nd digit

Pressure hand: hold onto index finger & move towards middle finger

Stabilizing hand: other fingers w/ lumbrical grip

*This is for 2nd digit, but can do w/ 3rd & 4th too → change to respective digit

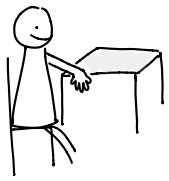
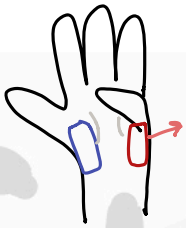
3rd Digit (2nd Dorsal Interossei):
- ↳ index & middle together, middle & ring separated
- ↳ hold middle & push towards ring finger

3rd Digit (3rd Dorsal Interossei):
- ↳ middle & ring together, index & middle separated
- ↳ hold middle & push towards index finger

4th Digit:
- ↳ ring & pinky together, ring & middle separated
- ↳ hold ring & push towards middle finger

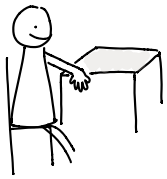
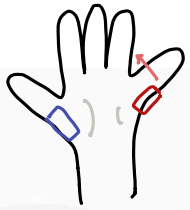
OPPONENS DIGITII MINIMI

Pt position: seated
Testing position: pinky in opposition, supinated
AROM: 5th Digit opposition
Pressure hand: hold onto 5th MC, try to flatten palm on pinky
Stabilizing hand: 1st MC

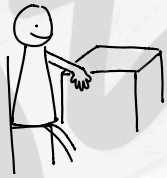
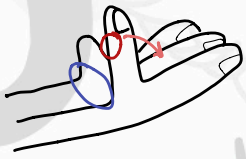
ABDUCTOR DIGITII MINIMI

Pt position: seated
Test position: pinky in abduction, supinated
AROM: 5th Digit Abduction
Pressure hand: hold onto 5th MC, try to move pinky into adduction
Stabilizing hand: 1st MC

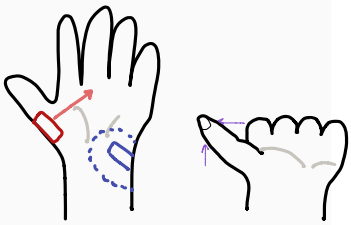
FLEXOR DIGITII MINIMI

Pt position: seated
Testing position: 5th MCP is flexed, supinated
AROM: 5th MCP flexion
Pressure hand: had onto proximal phalanx, try to move 5th digit into extension
Stabilizing hand: 1st MC

ABDUCTOR POLLICIS LONGUS

Pt position: seated
Test position: thumb at a diagonal (not straight up, not straight out) *between neutral & sup.
AROM: CMC motion in between abduction & extension
Pressure hand: Hold onto 1st MC, try to move thumb into flexion & adduction w/ your thumb (aim towards 3rd MC head)
Stabilizing hand: wrist, dorsum of hand

EXTENSOR POLLICIS LONGUS

Pt position: seated
Test position: thumb extended, neutral wrist
AROM: Thumb IP extension
Pressure hand: Try to move distal phalanx into flexion
Stabilizing hand: each side of 1st proximal phalanx & wrist


EXTENSOR POLLICIS BREVIS

Pt position: seated
Testing position: thumb in extension, slight flexion of IP, neutral wrist
AROM: Thumb MCP extension
Pressure hand: Try to move proximal phalanx into flexion
Stabilizing hand: each side of 1st MC & wrist