



Observations and Examination of the hand and wrist

	√ no concerns, X concerns	Clinical findings/Comments
Look		
Feel		
Move		
Function		
Additional Tests		
• Tinel's Test (carpal tunnel syndrome)		
• Nail fold capillaroscopy		
• Peripheral nerves		
• Peripheral pulses		
• Hypermobility		



Observations and Examination of the elbow

	√ no concerns, X concerns	Clinical findings/Comments
Look		
Feel		
Move		
Function		
Additional Tests		
Muscle power		
Peripheral nerves		
Peripheral pulses		
Hypermobility		
Enthesitis		

Observations and Examination



of the shoulder

	√ no concerns, X concerns	Clinical findings/Comments
Look		
Feel		
Move		
Function		
Additional Tests		
Muscle power		
Peripheral nerves		
Peripheral pulses		
Hypermobility		

Observations and Examination



of the spine

	√ no concerns, X concerns	Clinical findings/Comments
Look		
Feel		
Move		
Function		
Additional Tests		
Straight leg raise		
Schober's test		
Leg length		
1 leg standing spine extension test		



Observations and Examination of the hip

	√ no concerns, X concerns	Clinical findings/Comments
Look		
Feel		
Move		
Function		
Additional Tests		
Leg length measurement		
Leg alignment		
Sacroiliac joints		
Thomas test		
Trendelenburg test		
Gower's test		
Entheses		
Muscle power		
Hypermobility		



Observations and Examination of the knee

	√ no concerns, X concerns	Clinical findings/Comments
Look		
Feel		
Move		
Function		
Additional Tests		
Cruciate/collateral ligament stability		
Clarke's test		
Patellar tracking		
Thigh foot angle		
Hamstring tightness (popliteal angle)		
Iliotibial band tightness		
Knock knee/bow leg		
Thigh girth measurement		
Muscle power		
Hypermobility		
Normal development of leg alignment		



Observations and Examination of the foot and ankle

	√ no concerns, X concerns	Clinical findings/Comments
Look		
Feel		
Move		
Function		
Additional Tests		
Peripheral pulses		
Thigh foot angle		
Hypermobility		
Entheses		
Muscle power		
Nail fold capillaroscopy		