

Hand Examination

General inspection :

Nails

- Onycholitis {separation nail}
- Clubbing
- Pitting
- Koilonychia {Spoon nails – iron defn anaemia}
- Leukonychia {white lines }
- Beau's lines {transverse linear depressions – illness, trauma, malnutrition}
- Brown Lines {Renal – build up waste}
- Telangiectasia { Dermatomyositis}

Shape Hands

- Arachnodactyly {Marfans, Homocystinuria, MEN 2B}
- Short 4th/5th metacarpal {PseudohypoPTH, Turners}
- Trident

Posture Hand

- Claw { Ulna N} Hyperextension MCP – weakness interossei M
- Wrist drop Radial N palsy
- Ulnar deviation {RH arthritis}

Colour, Temp, Sweating

Joints, tendon sheaths { DIP, PIP, MCP}

1. Feel
2. Move
3. Function { Buttons, writing, grip}
4. Wrists