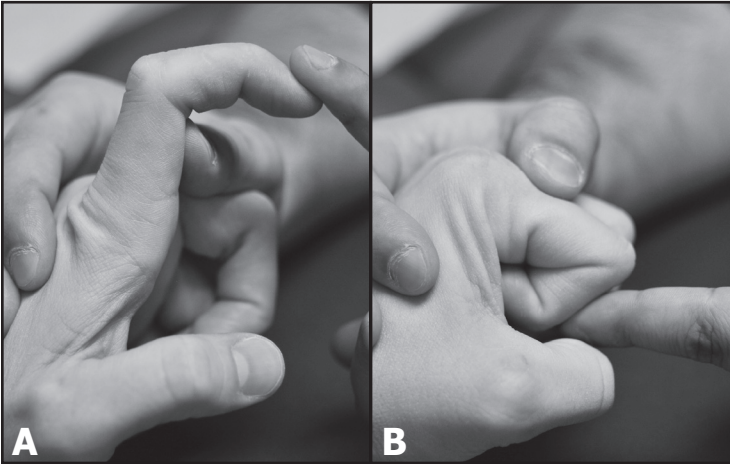




**Figure 3-20.** Flexor superficialis testing performed by holding the adjacent digits in extension while allowing the digit being tested to flex.



**Figure 3-21.** (A) Intrinsic tightness demonstrated by decreased ability to flex at distal joints while metacarpal joint is in extension. (B) Intrinsic tightness is relieved with metacarpal joint flexion, which allows the distal joints to flex.

Similarly, the motion at the metacarpophalangeal and interphalangeal joints can be affected by positions of the wrist. If flexion is limited at the distal joints with the wrist in increasing flexion, this can be a sign of “extrinsic tightness”