

Table 8-1

Methods for Examination

EXAMINATION	TECHNIQUE	ILLUSTRATION	GRADING SYSTEM	SIGNIFICANCE
<p><i>Wrist</i></p> <p>Watson's/ Scaphoid shift test</p>	<p>With the patient seated, place the elbow flat on the table with the forearm in neutral and the wrist elevated perpendicular to the table. The examiner's thumb is placed at the volar scaphoid tubercle, with the index finger on the proximal pole and the distal radial articular surface dorsally. The wrist is brought from ulnar to radial deviation while axially loading the wrist and pushing the scaphoid dorsally with the thumb. A positive test is a painful clunk as the scaphoid subluxes over the rim of the radius.</p>			<p>Indicates scapholunate instability secondary to a tear of the scapholunate interosseous ligament.</p>

(continued)