Neurological Examination of the Upper Limb

Preparation
- Wash Hands
- Introduce Self & Check Patients Identity
- Explanation & Consent
- Position Patient – Sitting at comfortable height to examine

General Inspection
- Postural Abnormalities & Deformities
- Muscle Wasting
- Abnormal Movements – Fasciculation

Tone
- Preparation – Check patient is in no pain before starting
- Rotate Arms at Shoulder
- Flex & Extend Arms at Elbow
- Flex & Extend Hand at Wrist

Power
- Pronator Drift – Sign of pyramidal deficit
- Shoulders – Abduction, adduction
- Elbows – Flexion, extension
- Wrist – Flexion, extension
- Fingers – Flexion, extension, abduction, adduction
- Thumb – Abduction, adduction

Coordination
- Finger to Nose Test
- Rapid Alternating Movements at Wrist – Impaired ability is termed dysdiadochokinesia

Tendon Reflexes
- Biceps – C5,6
- Triceps – C7
- Brachioradialis – C5,6

Sensation
- Light Touch – C4 to T2
- Pain – C4 to T2
- Proprioception – Sense of position
- Vibration – Use tuning fork on finger tips

Completing the Examination
- Thank Patient
- Neurological Examination of Limbs
- Mental State Examination

Muscle Poses:
- Shoulders – Chicken
- Elbows – Boxer

Dermatome Locations:
- C4 – Posterior aspect of shoulders
- C5 – Lateral aspect of upper arms
- C6 – Tip of the thumb
- C7 – Tip of the middle finger
- C8 – Tip of the little finger
- T1 – Medial aspect of lower arms
- T2 – Medial aspect of upper arms