

# RHEUMATOLOGICAL PERSPECTIVE OF HANDS

## *EXAMINATION*

1. INSPECTION
2. PALPATION
3. PERCUSSION
4. AUSCULTATION

## *PREPARATION OF PATIENT*

1. MAXIMUM EXPOSURE *eg* Roll sleeves up
2. MAKE PATIENT COMFORTABLE *eg* Place pillow to rest hands
3. SURROUNDINGS- *eg* Drips and what's in them,

## *INSPECTION*

### **HANDS IN PRONATION**

- A. START AT FORE ARMS and then work down to the FINGERS.  
Talk as you go along
- 1 WASTING of MUSCLES *eg* generalised, localised
- 2 SWELLINGS *eg* muscle, joints, ganglion, tophi, nodules
- 3 SKIN- Fragility- Think of steroids  
Bruising  
Texture - scleroderma,  
Telangiectasia
- 4 DEFORMITIES-  
Subvolar subluxation  
Z- deformity of thumb  
Ulnar deviation of fingers  
MCP subluxation  
Swan neck deformity  
Boutinierre Deformity  
Bouchards Nodes  
Heberdens nodes
- 5 FINGER NAILS  
Peri-UNGUAL- Infarcts  
clubbing  
capillaries\*\*  
infection  
UNGUAL Onycholysis  
Colour- psoriasis

Pits  
Transverse ridges  
Heaping  
Quinckes pulse

### **HANDS IN SUPINATION**

- 1 Palmar erythema
- 2 Crease lines to assess anemia
3. Deformities eg Dupuytren's
4. Muscle bulk in thenar eminence- median nerve problem
5. Wrist- scars
6. Elbows for nodules

### ***PALPATION***

***HAND FUNCTION*** including median and ulnar nerve examination.