

Screening out/Ruling in Scaphoid Fracture

☞ Scaphoid Compression Tenderness

1. Examiner holds patient's thumb of the involved side.
2. Examiner applies long axis compression through metacarpal bone into scaphoid.
3. (+) test is production of pain.

Reliability	Sensitivity	Specificity	+LR	-LR
NT ¹	100	80	5.0	0



FIGURE 10-5 Scaphoid Compression Tenderness

🕒🕒 Scaphoid Tubercle Tenderness

1. Examiner applies pressure to the scaphoid tubercle located at the intersection of the distal palmar crease and the flexor carpi radialis tendon.
2. (+) test is production of pain.

Reliability	Sensitivity	Specificity	+LR	-LR
NT ¹	83	51	1.69	0.33

⚙️ This test is better for ruling in scaphoid fracture than anatomical snuff box tenderness due to higher specificity.



FIGURE 10-6 Scaphoid Tubercle Tenderness

Screening out Scaphoid Fracture

⊗ Anatomical Snuff Box Tenderness

1. Examiner palpates anatomical snuff box.
2. (+) test is production of pain.

Reliability	Sensitivity	Specificity	+LR	-LR
NT ¹	100	29	1.41	0.0

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FIGURE 10-7 Anatomical Snuff Box Tenderness

Carpal Instability

Prevalence	Symptoms	Signs	TBC/Special Tests
10% of all wrist injuries result in instability ¹	Fall on outstretched hand with wrist hyperextension ⁸	Swelling ⁸ Local tenderness ⁸ Loss of grip strength ⁸ Loss of wrist range of motion ⁸	Stabilize Splint Pain control *Limit exercise due to instability
30% of 134 Colles fractures had wrist instability ⁴	"Fall on thenar eminence"—Wrist extension, ulnar deviation and intercarpal supination. Scapholunate instability: radial-sided wrist pain		Educate Refer out Watson's scaphoid shift ¹⁰ Ulnomemiscotriquetral dorsal glide
28% of 36 acute scaphoid wrist fractures had DISI or dorsal intercalated segmental instability ⁵			Pseudoinstability test ⁹ —loss of normal anteroposterior translation of the carpus
19% of 100 wrist sprains had increased scapholunate gap ²	"Fall on hypothenar eminence"—intercarpal pronation resulting in triquetrolunate IO ligament disruption and dorsal ulna-triquetral complex disruption: ulnar-sided wrist pain		
19 of 52 wrists with rheumatoid arthritis ^{6,7}			
16 of 63 patients with scapho-trapezio-trapezoid osteoarthritis ³			

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