

Sports Medicine Virtual Physical Exam

Upper Extremity - Patient Instructions

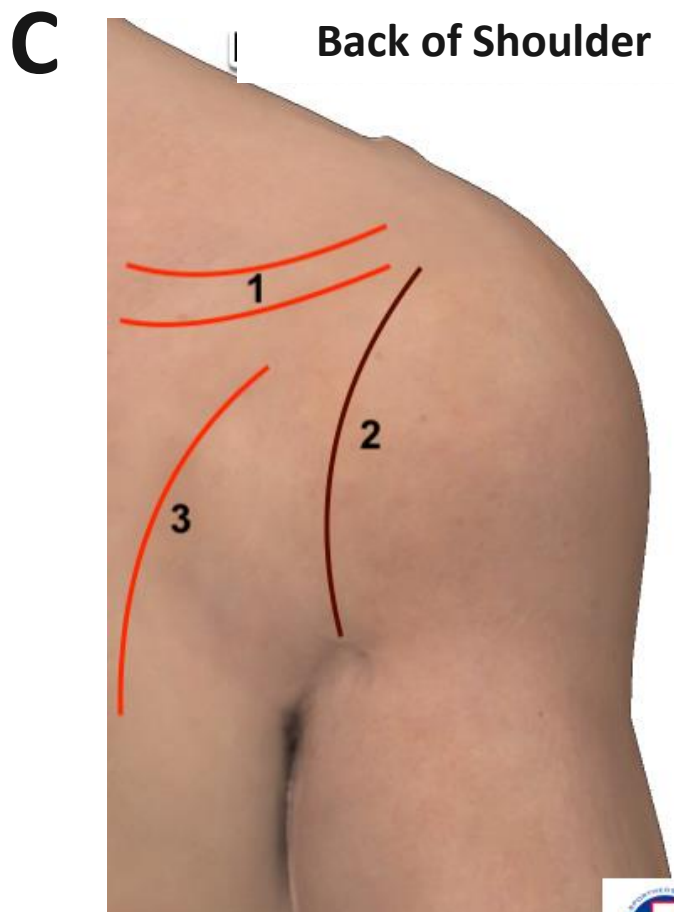
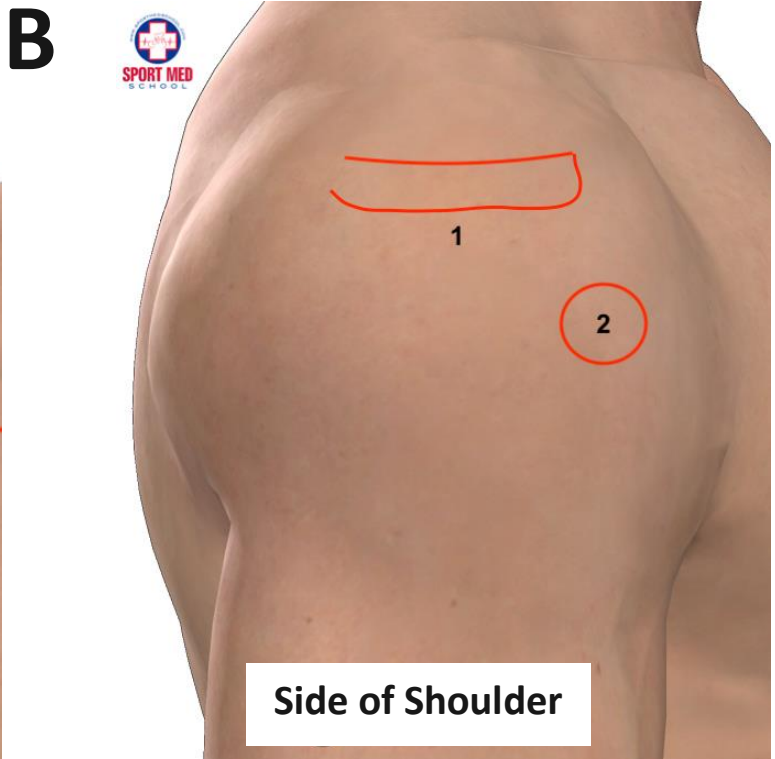
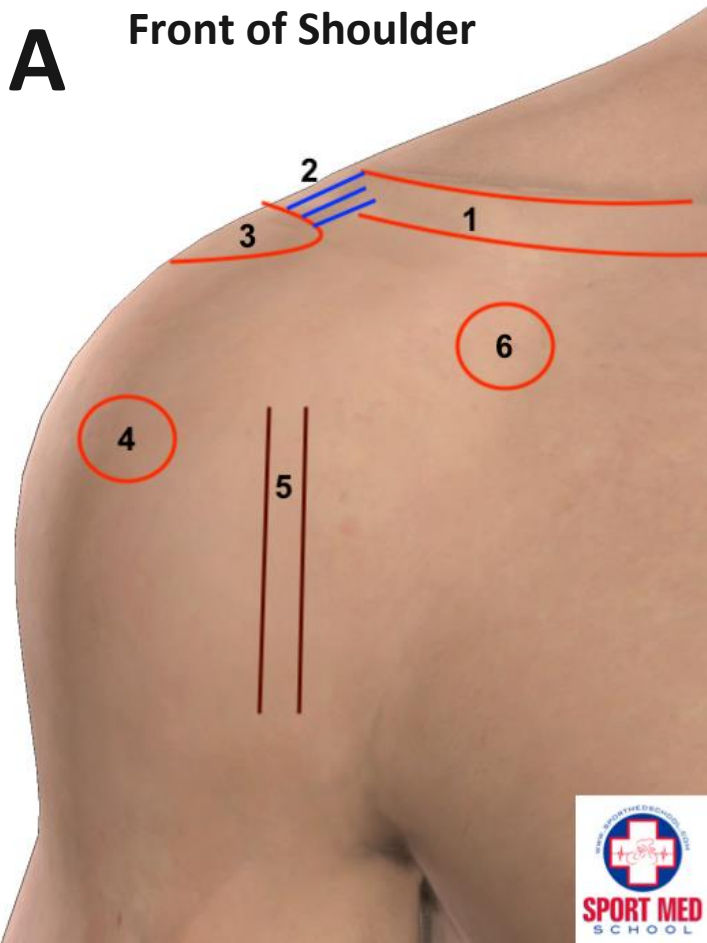
Pre-Visit Patient Preparation

- During the physical exam portion of your visit you will be asked to expose your shoulders, back, and neck as you feel comfortable.
 - Clothing options to help with this include:
 - Tank top with thin shoulder straps
 - Sports bra (female)
 - Removal of shirt (male)
 - Other
- Set up your camera so you have an area large enough to accommodate your wingspan
 - i.e. arms straight out the side at shoulder height

Patient-directed Palpation Diagram

- The following pages contain diagrams that your physician will refer to that will assist with the palpation portion of your physical examination
- Your physician will ask you to press specific locations on your affected joint based on the labelled pictures and numbers.
- Please let your physician know which of these locations become painful with applied pressure.

Shoulder



Elbow

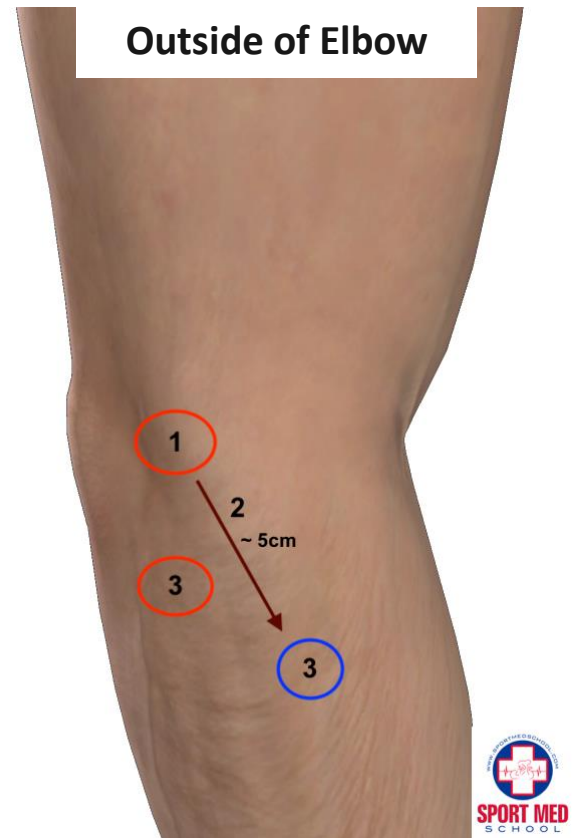
A

Front of Elbow



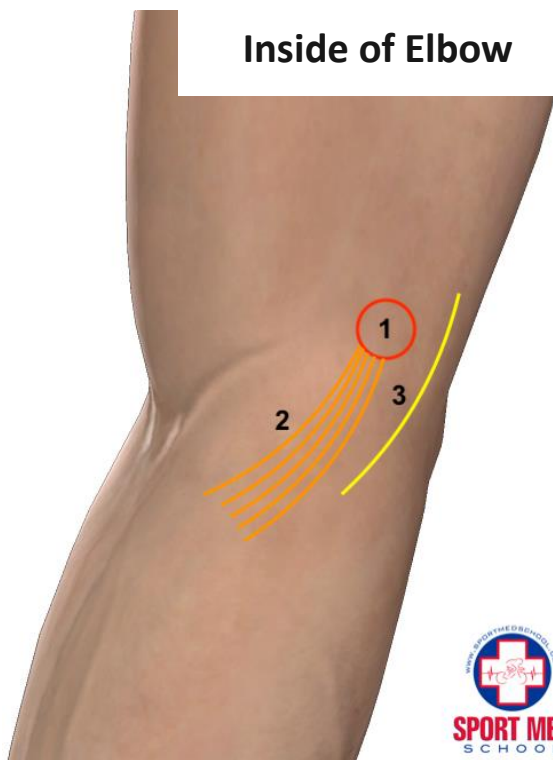
B

Outside of Elbow



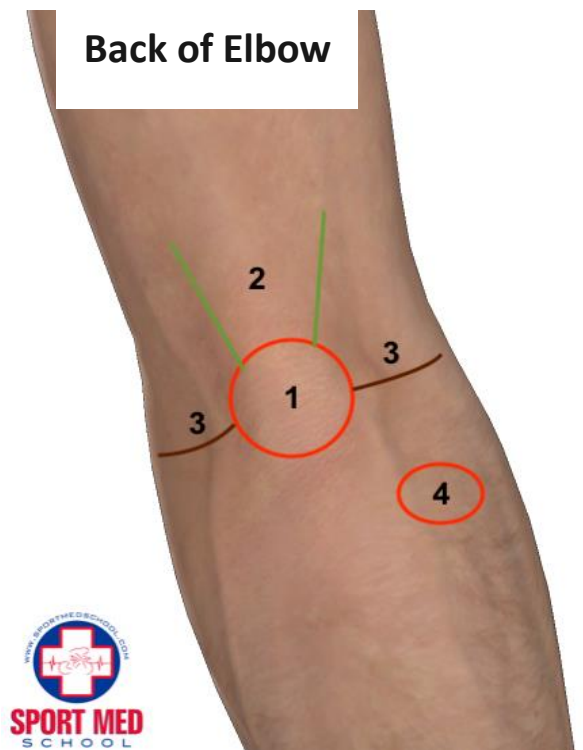
C

Inside of Elbow



D

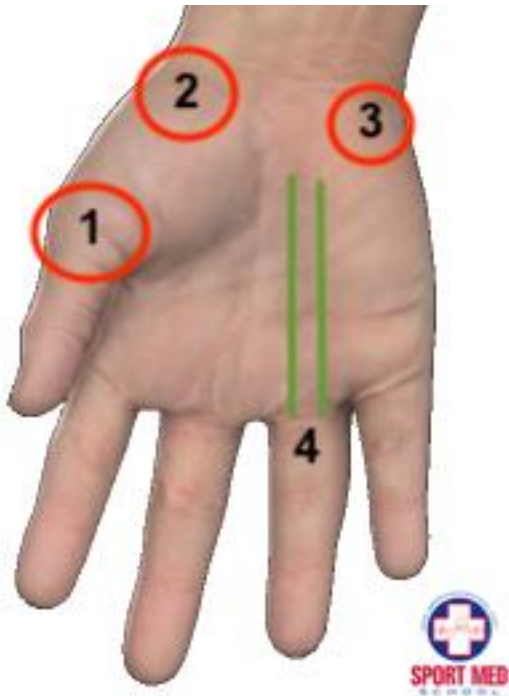
Back of Elbow



Hand/Wrist

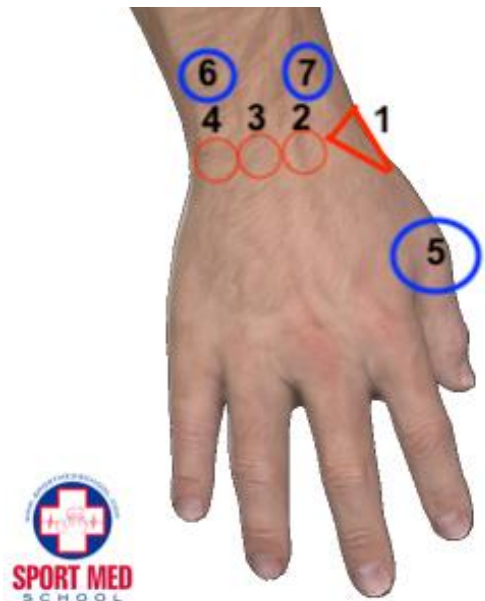
A

Palm of Hand



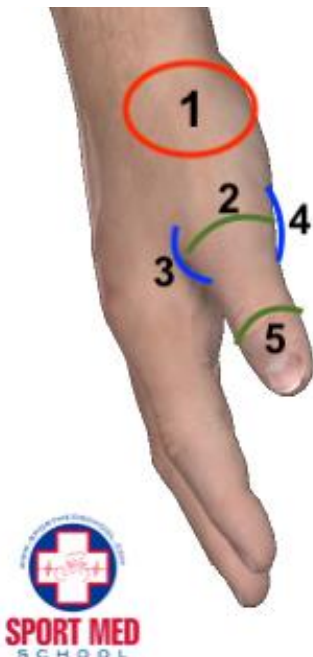
B

Back of Hand



C

Thumb side of Hand



D

Pinky side of Hand

