

Finkelstein Test

Purpose

- To assess for the presence of De Quervain's tenosynovitis

Technique

1. Have the patient sit comfortable and relaxed in chair or on exam table
2. The patient actively (or with active assist) flexes thumb maximally then wraps the other fingers around the thumb to make a fist
3. Deviate the wrist to the ulnar side (down towards the side of the little finger) which stretches the muscles of the 1st extensor compartment

Results

- Positive: patient states pain in tendons or radiating up inside of arm from thumb
- Negative: patient does not feel any pain

Reliability

- Sensitivity and specificity unknown

Pearls

- Since reliability of the test is unknown, do not rely on this test alone to exclude or diagnose De Quervain's Syndrome

References

1. Bickley LS et al. Bates' Guide to Physical Examination and History Taking. 11th ed. Philadelphia, PA: Lippincott Williams & Wilkins. 2013; 633.
2. Orient, JM. Sapira's Art and Science of Bedside Diagnosis. 4th ed. Philadelphia, PA: Lippincott Williams & Wilkins. 2010; 509.