

Tinel's Sign at the Wrist

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aka. "Tinel's Test at the Wrist"

[caption id="attachment_3212" align="alignright" width="300" caption="Tinel's Sign at the Wrist"]



[/caption]

Patient Position

- Seated (or standing)
- Elbow flexed, forearm supinated, and wrist in slight extension

Procedure Steps

- Examiner taps the median nerve as it travels through the carpal tunnel and also just proximal to it [can use reflex hammer or fingers]

Positive Sign / Significance

- Tingling or pain in the median nerve distribution (thumb, index, middle, and half of the ring fingers) = **Carpal tunnel syndrome**

Comments

- Also useful in identifying the most proximal point of nerve regeneration, or the most distal point of nerve degeneration.
- For more details on carpal tunnel syndrome (CTS), [click here](#)

<http://youtu.be/3Megs3c8IZE>