

Upper Limb Tension Tests (ULTTs)

Patient's Name: _____ Date: _____ dd / mm / yyyy

Examiner's Name: _____

Notes:

Before you do the assessment, you must explain to the patient what you're going to do in a way that they'll understand that won't make them tense unnecessarily in anticipation of the symptoms or pain. Let your patient know that they must verbally tell you if they're feeling the symptoms, pain, or discomfort at any step of the test. You must do the test on the unaffected side first to serve as a point of reference. If the patient expresses pain or symptoms are reproduced even if it's at the beginning of the test, the test will cease and they will be given a positive test result for that test.

Test result: (+) Positive test if: Patient expresses pain, Symptoms are reproduced, The difference between elbow extension degrees is greater than 10 degrees, Bending the head towards the unaffected side worsens pain or symptoms and bending towards the affected side alleviates pain or symptoms

UPPER LIMB TENSION TEST 1 (ULTT A/MEDIAN NERVE BIAS)

Note: They will receive a positive test here if they feel pain or a burning/tingling sensation in the upper limb or first two to three fingers.

Patient's Test Results - ULTT 1

☐ Negative ☐ Positive

Notes - ULTT 1:

UPPER LIMB TENSION TEST 2A (ULTT B/ MEDIAN NERVE BIAS)

Patient's Test Results - ULTT 2A

☐ Negative ☐ Positive

Notes - ULTT 2A:

UPPER LIMB TENSION TEST 2B (ULTT C/RADIAL NERVE BIAS)

Note: They will receive a positive test here if they feel pain or a burning/tingling sensation in the posterior of the forearm and hand.

Patient's Test Results - ULTT 2B

☐ Negative ☐ Positive

Notes - ULTT 2B:

UPPER LIMB TENSION TEST 3 (ULTT D/ULNAR NERVE BIAS)

Note: They will receive a positive test here if they feel pain or a burning/tingling sensation in the 4th and 5th digits.

Patient's Test Results - ULTT 3

☐ Negative ☐ Positive

Notes - ULTT 3: