Interpretation of the clinical examination of the elbow

Limited range
- Non-capsular patterns
  - Inert structures other than the capsule
- Resisted movements are negative

Full range
- Contractile structures
- Resisted movements are positive

Capsular pattern
- Arthritis

Internal derangement
- Pinching pain
- Stretching pain

Extra-articular limitation
- Pain
- Weakness

Resisted flexion is positive
- Pain
- Weakness

Resisted extension is positive
- Pain
- Weakness

Resisted pronation is positive
- Pain
- Weakness

Resisted flexion of wrist is positive
- Pain
- Weakness

Resisted extension of wrist is positive
- Pain
- Weakness

Pulled elbow
- Loose body

Sprain of the upper radioulnar joint
- Ligamentous lesion
- Olecranon bursitis

Traumatic arthritis
- Monoarticular steroid-sensitive arthritis
- Haemarthrosis
- Crystal synovitis
- Septic arthritis
- Osteoarthrosis
- Rheumatoid-type arthritis

Biceps lesion
- Brachialis lesion
- Brachioradialis lesion

Rupture of biceps
- C5–C6 root lesion

Triceps lesion
- Anconeus compartment syndrome
- Rupture of triceps
- C7 palsy
- Radial palsy
- Fracture of olecranon

Pronator teres lesion
- Golfer’s elbow

Biceps lesion
- Supinator brevis lesion

Golfer’s elbow
- C7 root palsy

Extensor carpi radialis brevis/longus (tennis elbow)
- Extensor carpi ulnaris lesion
- Extensor digitorum lesion
- C7 root palsy
- Radial palsy