# THE UPPER LIMB AND NERVE INJURIES

## MEDIAN NERVE INJURIES

<table>
<thead>
<tr>
<th>Presentation</th>
<th>Treatment</th>
</tr>
</thead>
</table>
| • “the Monkey or Ape Hand” due to wasting of thenar muscles  
• Loss of thumb opposition  
• Higher lesions: weakened pronation and wrist flexion, loss of thumb IP flexion and thumb opposition  
• Clawing of middle and index fingers can occur | • Short opposition splint with thumb opposed to middle finger  
• Bar over dorsal aspect of proximal phalanges of index and middle fingers to prevent clawing if applicable  
• Passive exercises to maintain thumb CMC joint rotation and palmar abduction must be taught  
• Activities: Bead threading  
  Clay modelling |

## ULNAR NERVE INJURIES

<table>
<thead>
<tr>
<th>Presentation</th>
<th>Treatment</th>
</tr>
</thead>
</table>
| • “Claw hand”  
• MCP joints of little & ring fingers are hyperextended & IP joints are flexed  
• Loss of thumb adduction with IPJ flex: ask the patient to hold a piece of paper using a lateral pinch pull the paper gently out of the pts hand. The thumb IPJ will flex if thumb adduction is absent.  
• Loss of finger abduction and adduction | • Splinting aims to prevent flexion contractures in IPJs.  
• Anti claw/knuckle duster splint is made  
• The MCPJs must be placed in as much flexion as required for the IPJs to achieve full extension.  
• Passive extension exercises must be taught to prevent IPJ flexion contractures developing  
• Activities: Draughts  
  Writing  
  Wood carving |

## RADIAL NERVE INJURY

<table>
<thead>
<tr>
<th>Presentation</th>
<th>Treatment</th>
</tr>
</thead>
</table>
| • Wrist drop  
• Inability to extend fingers or wrist due to paralysis or weakness  
• Extension of IPJs is still possible due to lumbrical function. | • Aim of splinting is to: Prevent lengthening of the extensor tendons of the wrist and fingers. Improve function by substituting for paralysis/weakness of the wrist and finger extensors.  
• Wrist cock up splint  
• Activities: Printing  
  ADL (Back to work asap) |