



## EFSHT Cheat Card

Interested in becoming an  
European Certified Hand Therapist?

[www.eurohandtherapy.org](http://www.eurohandtherapy.org)  
[echt@eurohandtherapy.org](mailto:echt@eurohandtherapy.org)

## Referred pain - Elbow

Lateral	Brachioradialis ECRL ECRB Triceps Anconeus Supinator Supraspinatus
Medial	FCR FCU Pronator teres Pectoralis major

## Referred Pain – Thumb and Wrist

### Thumb

Scaleni  
Brachialis  
Brachioradialis  
Supinator  
Pronator teres  
FPL  
Adductor pollicis  
First interosseus  
Opponens pollicis  
Flexor pollicis brevis  
Abductor pollicis brevis  
Abductor pollicis longus



### Wrist

Ulnar: ECU, First interosseus  
Radial: ECRL, thenar muscles  
Central: ECRB  
Palmar: Pronator teres, Palmaris longus  
Dorsal: Subscapularis

