



EFSHT Cheat Card

Interested in becoming an European Certified Hand Therapist?
www.eurohandtherapy.org
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Median Nerve entrapments

Carpal tunnel

Compression of the median nerve
within the carpal tunnel

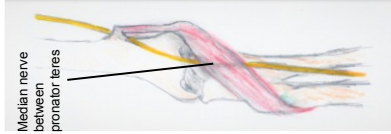
Pronator teres syndrome

Compression of the median nerve in the
forearm

Anterior interosseus nerve syndrome

Weakened ability to pinch the thumb and index finger together,
OK sign

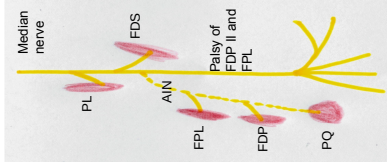
Median Nerve entrapments



Pronator teres syndrome

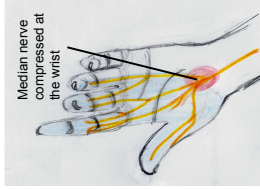
Symptoms

Inability to extend digits I-V
Pain with forceful wrist extension
Sensory & motor changes paresthesia
Weak wrist extension



Anterior interosseous nerve syndrome

Aching pain in forearm
Tenderness over pronator teres muscle
Weakness in arm or hand
Numbness and tingling in the palm, thumb or index



Carpal Tunnel syndrome

Pain & tingling at night
Weakness in the hand
Numbness in digits I-III and 1/2 of IV