DRUJ Instability Test

Name: _____ **Date of birth:** _____

Patient ID: _____ **Date of test:** _____

Test overview

The Distal Radioulnar Joint (DRUJ) Test is a physical examination technique used to assess the stability and function of the distal radioulnar joint, located at the end of the radius and ulna bones in the forearm. This test is mildly useful for ruling out an injury but has limited clinical value (Prosser et al., 2011).

Test procedure

1. The patient's forearm is in neutral rotation.
2. Stabilize the distal radius and hand with a firm grip.
3. Use your other arm to grasp the distal ulna and force it into the dorsal and palmar direction relative to the radius.
4. Repeat this procedure in relative supination and pronation positions.

Interpretation

- ◯ **Positive test:** A positive DRUJ Test has the presence of laxity and reproduction of the patient's painful symptoms.
- ◯ **Negative test:** A negative DRUJ Test detects no presence of laxity or painful symptoms.

Additional notes

Healthcare provider information

Name:

Title:

Signature:

Physiotutors. (2020). Distal Radioulnar Joint Test / DRUJ Test | Radioulnar Wrist Ligament Instability. In *YouTube*. https://www.youtube.com/watch?v=nz53aeq-30k

Prosser, R., Harvey, L., LaStayo, P., Hargreaves, I., Scougall, P., & Herbert, R. D. (2011). Provocative wrist tests and MRI are of limited diagnostic value for suspected wrist ligament injuries: A cross-sectional study. *Journal of Physiotherapy*, *57*(4), 247–253. https://doi.org/10.1016/s1836-9553(11)70055-8