



# I need an upper limb (arms) neurological exam

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1



I need a neurological examination of my arms so that the doctor can check how my nerves are working. My nerves help my muscles move and help my skin to feel.

The doctor might do only some of these things and might do them in a different order. They will choose what I most need checked to help me get better.

2



I will have my arms checked. The doctor will move my arms while I lie still.

I need to keep my arms floppy, like wobbly jelly on a plate, and let the doctor move them around gently.

3

Then I will show how strong my arms are!



I will put my arms up, kind of like chicken wings, and push against the doctor's hands.



4



I will hold my arms forward, and bend and straighten my elbow, pushing against the doctor's hands.



I will push my hand up and down against the doctor's hands.

5



I will spread my fingers apart like a star, and keep them really strong while the doctor pushes against them.



I will squeeze the doctor's fingers really tightly, making a fist with my hand.

6



The doctor will check my reflexes by doing some tapping. This won't hurt and I need to try and relax, and keep my arms floppy again. It might feel a little funny when my arm moves, but this won't last more than a second.

7



I might do some clapping.



I might point my finger and touch the tip of my nose and then the tip of the doctor's finger, while they move their finger around.

8

I might close my eyes and tell the doctor when I feel them touching my arms.



Now that I am finished, the doctor will tell me what we need to do next so that I can get better.