



ECHT

EUROPEAN CERTIFIED
HAND THERAPIST

EUROPEAN FEDERATION OF SOCIETIES FOR HAND THERAPY

EFSHT Cheat Card

Interested in becoming an
European Certified Hand Therapist?

www.eurohandtherapy.org
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

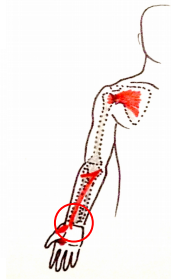
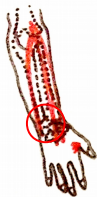
Adductor pollicis

First interosseus

Opponens pollicis

Flexor pollicis brevis

APB, APL



Wrist

Ulnar: ECU, First interosseus

Radial: ECRL, thenar muscles

Central: ECRB

Palmar: Pronator teres, Palmaris longus

Dorsal: Subscapularis