



# 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](http://www.eurohandtherapy.org)

[echt@eurohandtherapy.org](mailto:echt@eurohandtherapy.org)

### 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 sig

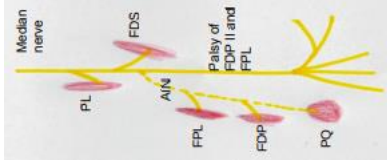
## Median Nerve entrapments



Pronator teres syndrome

### Symptoms

*Vague volar forearm pain*  
*Median nerve paresthesias*  
*Minimal motor findings*



Anterior interosseous nerve syndrome

*Impaired flexion of thumb, I-II*  
*Pain upper forearm*  
*Motor palsy FPL, FDP II-III, PQ*  
*Weakness II-III*



Carpal Tunnel syndrome

*Pain & tingling at night*  
*Weakness in the hand*  
*Numbness in digits I-III and ½ of IV*