

Deep Tendon Reflexes

Upper Extremity

Reflex	Mech	Response	Nerve supply
Biceps	Tapping over a finger placed on the biceps tendon while arm semi-flexed <i>Exaggerated reflex:</i>	Elbow flexion Increased reflexogenic zone (tapping the clavicle) Reflex spread (finger flexion)	C 5-6
Brachioradialis	Tapping just above the styloid process of the radius with the forearm in semiflexion <i>Inverted Supinator reflex:</i> Cervical myelopathy (cord compression) with C5-6 radiculopathy (absent biceps contraction)	Elbow flexion ± supination Flexion of fingers without elbow flexion ± elbow extension	C 5-6
Triceps	Tapping the triceps tendon just above its insertion on the olecranon process <i>Inverted triceps reflex:</i>	Elbow extension Elbow flexion. In combined cord lesion above C5 and radiculopathy of C7-8	C 7-8
Finger flexor “Wartenberg sign”	Patient’s hand is supine, resting on a table or a solid surface. Place your fingers against the patient's fingers, and tap the backs of his own fingers	Flexion of fingers and the distal phalanx of thumb	C8 – T1
Hoffmann Tromner	Hold the middle finger with your index and thumb then nip or snap the nail of the middle finger (down). Snap the belly of the distal phalanx instead (up).	Adduction of the thumb and flexion of the index finger	C8 – T1
Scapulohumeral	Tapping over the vertebral border of the scapula	Retraction of the scapula Contraction of rhomboids	C 4-5 Dorsal scapular
Deltoid	Tapping over the insertion of the deltoid muscle at the lateral aspect of the humerus.	Slight arm abduction	C 5-6 Axillary
Pectoralis	Tapping over a finger placed on the insertion of pectoralis at the greater tuberosity of humerus	Slight adduction & internal rotation	C5 – T1 Pectoral Ns
Latissimus Dorsi	Tapping over a finger placed on the insertion of Latissimus at intertubercular groove of the humerus	Slight abduction & internal rotation	C 6-8 Thoracodorsal
Clavicular	Tapping over the lateral border of the clavicle “A non-specific reflex indicates increased reflexogenic zone. Used to compare reflexes in both UL”	Contraction of various muscle groups in the upper limb	
Wrist Extension	Tapping the extensor tendons of the wrist with wrist hanging down	Wrist extension	