



range of motion



Shoulder



Flexion: 180°
 Extension: 60°
 Abduction: 180°
 Horizontal Adduction: 40°
 External Rotation: 90°
 Internal Rotation: 70°

Hip



Flexion: 120°
 Extension: 20°
 Abduction: 40°
 Adduction: 20°
 External Rotation: 45°
 Internal Rotation: 45°

Elbow



Flexion: 150°
 Extension: 0°

Knee



Flexion: 135°
 Extension: 0°

Wrist



Flexion: 80°
 Extension: 70°
 Radial Deviation: 20°
 Ulnar Deviation: 30°
 Pronation: 80°
 Supination: 80°

Ankle



Dorsiflexion: 20°
 Plantar Flexion: 50°
 Inversion: 35°
 Eversion: 15°

Hand



CMC Extension: 20°
 CMC Flexion: 15°
 CMC Abduction: 40°
 MCP Flexion (thumb): 50°
 MCP Extension (thumb): 0°
 IP Flexion (thumb): 90°
 MCP Flexion: 90°
 MCP Extension: 45°
 PIP Flexion: 100°
 PIP Extension: 0°
 DIP Flexion: 90°
 DIP Extension: 0°

Foot



Hallux Extension: 70°
 Hallux Flexion: 45°

Cervical



Flexion: 45°
 Extension: 45°
 Side Bending: 45°
 Rotation: 60°

Lumbar

Flexion: 60°
 Extension: 25°
 Side Bending: 25°