

Joint Examination ROM

Joint	Flexion	Extension	Abduction	Adduction	Rotation (Internal)	Rotation (External)
Neck	chin to chest	45 to horizontal	Tilt 45		90	90
Shoulder	180	40	180	-	80	80
Elbow	140	0	-	-	90	90
Wrist	PF 60	DF 50	RD 15	UD 50	see above	
Hip	140	10	45	30	40	40
Knee	150	0	-	-	10	10
Ankle	PF 45	DF 30	-	-	-	-

PF=palmer/plantar flexion, DF=dorsiflexion, RD=Radial deviation, UD= ulnar deviation