Contents

1: Introduction
   Introduction
   Contraindications and Precautions
   Planes and Axes of Motion
   Positioning
   Compensatory Movements
   Range of Motion Assessment
   Typical Versus Functional Movement
   Manual Muscle Testing
   Documentation
   Goniometry and Manual Muscle Testing Reference

2: Shoulder
   Purposeful Movement of the Shoulder
   Scapulothoracic Joint Mobility
   Scapular Protraction
      Goniometry
   Scapular Retraction
      Goniometry
   Shoulder Flexion
      Goniometry
      Manual Muscle Testing
   Shoulder Extension
      Goniometry
      Manual Muscle Testing
   Shoulder Abduction
      Goniometry
      Manual Muscle Testing
   Shoulder Horizontal Abduction
      Goniometry
      Manual Muscle Testing
   Elbow Extension
      Goniometry
   Manual Muscle Testing
   Forearm Pronation
      Goniometry
      Manual Muscle Testing
   Forearm Supination
      Goniometry
      Manual Muscle Testing
   Elbow and Forearm Range of Motion
   Elbow and Forearm Goals and Review

3: Elbow and Forearm
   Purposeful Movement of the Elbow and Forearm
   Elbow Flexion
      Goniometry
   Manual Muscle Testing
   Forearm Pronation
      Goniometry
      Manual Muscle Testing
   Forearm Supination
      Goniometry
      Manual Muscle Testing
   Elbow and Forearm Range of Motion
   Elbow and Forearm Goals and Review

4: Wrist
   Purposeful Movement of the Wrist
   Wrist Flexion
      Goniometry
      Manual Muscle Testing
   Wrist Extension
      Goniometry
      Manual Muscle Testing
   Wrist Radial Deviation
      Goniometry
      Manual Muscle Testing
   Wrist Ulnar Deviation
      Goniometry
      Manual Muscle Testing
   Wrist Range of Motion
   Wrist Goals and Review

5: Fingers and Thumb
   Purposeful Movement of the Fingers and Thumb
   Metacarpophalangeal (MCP) Flexion
      Goniometry
      Manual Muscle Testing
   Metacarpophalangeal (MCP) Extension
      Goniometry
      Manual Muscle Testing
   Metacarpophalangeal (MCP) Abduction
      and Adduction
      Goniometry
      Manual Muscle Testing
   Proximal Interphalangeal (PIP) Flexion
      Goniometry
      Manual Muscle Testing
   Proximal Interphalangeal (PIP) Extension
      Goniometry
      Manual Muscle Testing
Distal Interphalangeal (DIP) Flexion
  Goniometry
  Manual Muscle Testing
Distal Interphalangeal (DIP) Extension
  Goniometry
  Manual Muscle Testing
Thumb Carpometacarpal (CMC) Flexion
  Goniometry
  Manual Muscle Testing
Thumb Carpometacarpal (CMC) Extension
  Goniometry
  Manual Muscle Testing
Thumb Carpometacarpal (CMC) Palmer Abduction
  Goniometry
  Manual Muscle Testing
Thumb Carpometacarpal (CMC) Radial Abduction
  Goniometry
  Manual Muscle Testing
Thumb Metacarpophalangeal (MCP) Flexion
  Goniometry
  Manual Muscle Testing
Thumb Metacarpophalangeal (MCP) Extension
  Goniometry
  Manual Muscle Testing
Fingers and Thumb Range of Motion
  Fingers and Thumb Goals and Review

6: Neck
  Purposeful Movement of the Neck
  Neck Flexion
    Goniometry
    Manual Muscle Testing
  Neck Extension
    Goniometry
    Manual Muscle Testing
  Neck Lateral Flexion
    Goniometry
    Manual Muscle Testing
  Neck Rotation
    Goniometry
    Manual Muscle Testing
  Neck Range of Motion
  Neck Goals and Review

7: Hip
  Purposeful Movement of the Hip
  Hip Flexion
    Goniometry
    Manual Muscle Testing
  Hip Extension
    Goniometry
    Manual Muscle Testing
  Hip Abduction
    Goniometry
    Manual Muscle Testing
  Hip Adduction
    Goniometry
    Manual Muscle Testing
  Hip External Rotation
    Goniometry
    Manual Muscle Testing
  Hip Internal Rotation
    Goniometry
    Manual Muscle Testing
  Hip Range of Motion
  Hip Goals and Review

8: Knee
  Purposeful Movement of the Knee
  Knee Flexion
    Goniometry
    Manual Muscle Testing
  Knee Extension
    Goniometry
    Manual Muscle Testing
  Knee Range of Motion
  Knee Goals and Review

9: Ankle & Foot
  Purposeful Movement of the Ankle & Foot
  Ankle Plantarflexion
    Goniometry
    Manual Muscle Testing
  Ankle Dorsiflexion
    Goniometry
    Manual Muscle Testing
  Ankle Inversion
    Goniometry
    Manual Muscle Testing
  Ankle Eversion
    Goniometry
    Manual Muscle Testing
  Ankle and Foot Range of Motion
  Ankle and Foot Goals and Review

Bibliography
Figure Credits