

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
- Shoulder Horizontal Adduction
 - Goniometry
 - Manual Muscle Testing
- Shoulder External Rotation
 - Goniometry
 - Manual Muscle Testing
- Shoulder Internal Rotation
 - Goniometry
 - Manual Muscle Testing
- Shoulder Range of Motion
- Shoulder Goals and Review

3: Elbow and Forearm

- Purposeful Movement of the Elbow and Forearm
- Elbow Flexion
 - 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

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
- Thumb Interphalangeal (IP) Flexion
 - Goniometry
 - Manual Muscle Testing
- Thumb Interphalangeal (IP) Extension
 - Goniometry
 - Manual Muscle Testing
- Fingers and Thumb Range of Motion
- Fingers and Thumber 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