REF 12-1076



The Large Joint Goniometer is used to measure joint limitations in both active and passive movement. Place the focus of the goniometer at the pivot point of the joint to be measured. Have the patient flex, extend, abduct, or rotate, and read the degree measurement as you would read a protractor. Calculate the range of motion by noting the change in degrees from the starting position to the flexed posititon.

## Joint Limitation Norms

(measurement in degrees)

Flexion	Extension	Abduction

Shoulder	180	0	180
Elbow	145	0	
Knee	140	0	
Shoulder Elbow Knee Hip	125	0	45

\*established by AAOS

## Joint Limitation Norms

(measurement in degrees - minimum norms correlate to 180° scale, to be used with comparative bilateral joint movement)

	Left	Right	Total (bilateral)
Cervical Rotation	60	60	120
Cervical Lateral Bend	30	30	60
Cervical A.P. Flexion			110
Spiral Lateral Flexibility	40	40	80

\*\*not fully established

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WARNING: This product contains chemicals known to the state of California to cause cancer and birth defects or other reproductive harm.

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