Upper Extremity Range of Motion Chart

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| Name: | DOB: | School Years: |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Left | | | | | | |  | Right | | | | | | |
|  |  |  |  |  |  |  | Dates |  |  |  |  |  |  |  |
|  |  |  |  |  |  | Normal |  | Normal |  |  |  |  |  |  |
|  |  |  |  |  |  | 180˚ | Shoulder Flexion | 180˚ |  |  |  |  |  |  |
|  |  |  |  |  |  | 180˚ | Shoulder Abduction | 180˚ |  |  |  |  |  |  |
|  |  |  |  |  |  | 70˚ | Shoulder internal rotation | 70˚ |  |  |  |  |  |  |
|  |  |  |  |  |  | 90˚ | Shoulder external rotation | 90˚ |  |  |  |  |  |  |
|  |  |  |  |  |  | 145˚ | Elbow flexion | 145˚ |  |  |  |  |  |  |
|  |  |  |  |  |  | (0) | Elbow extension | (0) |  |  |  |  |  |  |
|  |  |  |  |  |  | 80˚-90˚ | Forearm neutral position  Supination (elbow bent) | 80˚-90˚ |  |  |  |  |  |  |
|  |  |  |  |  |  | 80˚-90˚ | Pronation (elbow bent) | 80˚-90˚ |  |  |  |  |  |  |
|  |  |  |  |  |  | 80˚ | Wrist flexion | 80˚ |  |  |  |  |  |  |
|  |  |  |  |  |  | 70˚ | Wrist extension | 70˚ |  |  |  |  |  |  |
|  |  |  |  |  |  | 20˚ | Wrist radial deviation | 20˚ |  |  |  |  |  |  |
|  |  |  |  |  |  | 30˚ | Wrist ulnar deviation | 30˚ |  |  |  |  |  |  |
|  |  |  |  |  |  | 70˚ | Thumb abduction | 70˚ |  |  |  |  |  |  |

Note: All measurements are PROM, unless specified by A for Active Range of Motion.

WFL= Within Functional Limits

WNL= Within Normal Limits

Student Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DOB:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- |
| Date | Comments |
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Please note position, medication, surgeries or anything that might effect ROM measurements.