



# Joint Range of Motion Chart- Hip

Name \_\_\_\_\_ Age \_\_\_\_\_

Motion	Primary Muscles	ROM	Date	Before	After	Before	After	Before	After
			Examiner						
Flexion- Knee Extended	Psoas, Iliacus Rectus Femoris Sartorius Tensor Fasciae Latae	90°	Date						
			Examiner						
			Right						
			Left						
Notes									
Flexion- Knee Flexed	Psoas, Iliacus Rectus Femoris Sartorius Tensor Fasciae Latae	120°	Date						
			Examiner						
			Right						
			Left						
Notes									
Extension	Biceps Femoris (long head) Gluteus Maximus Semimembranosus Semitendinosus	35-45°	Date						
			Examiner						
			Right						
			Left						
Notes									
Medial/ Internal Rotation	Adductor Brevis, Longus & Magnus Gluteus Medius Gluteus Minimus Tensor Fasciae Latae	30-45°	Date						
			Examiner						
			Right						
			Left						
Notes									
Lateral/ External Rotation	Gemellus Inferior, Superior Gluteus Maximus Obturator Externus, Internus Piriformis, Quadratus Femoris Sartorius	60°	Date						
			Examiner						
			Right						
			Left						
Notes									
Adduction	Adductor Brevis, Longus, Magnus Gracilis Pectineus	30°	Date						
			Examiner						
			Right						
			Left						
Notes									
Abduction	Gluteus Maximus Gluteus Minimus & Medius Sartorius Tensor Fasciae Latae	45°	Date						
			Examiner						
			Right						
			Left						
Notes									

## Joint Range of Motion Chart- Ankle & Knee

Name \_\_\_\_\_ Age \_\_\_\_\_

Motion	Primary Muscles	ROM	Date	Before	After	Before	After	Before	After
Plantar Flexion	Flexor Digitorum Longus Flexor Hallucis Longus Gastrocnemius, Plantaris Peroneus Brevis & Longus Soleus, Tibialis Posterior	30-50°	Examiner						
			Right						
			Left						
Notes									
Dorsiflexion	Extensor Digitorum Longus Extensor Hallucis Longus Peroneus Tertius Tibialis Anterior	20-30°	Examiner						
			Right						
			Left						
Notes									
Inversion	Extensor Hallucis Longus Flexor Digitorum Longus Flexor Hallucis Longus Tibialis Anterior & Posterior	50°	Examiner						
			Right						
			Left						
Notes									
Eversion	Extensor Digitorum Longus Peroneus Brevis Peroneus Longus Peroneus Tertius	25°	Examiner						
			Right						
			Left						
Notes									
Knee Flexion	Biceps Femoris Gastrocnemius Plantaris, Popliteus Semimembranosus Semitendinosus	160°	Examiner						
			Right						
			Left						
Notes									
Knee Extension	Rectus Femoris Vastus Intermedius Vastus Lateralis Vastus Medialis	0°	Examiner						
			Right						
			Left						
Notes									

## Joint Range of Motion Chart- Shoulder

Name \_\_\_\_\_

Age \_\_\_\_\_

Motion	Primary Muscles	ROM	Date	Before	After	Before	After	Before	After
Flexion	Anterior Deltoid Biceps Brachii (long head) Coracobrachialis Pectoralis Major	180°	Date						
			Examiner						
			Right						
			Left						
Notes									
Extension	Latissimus Dorsi Pectoralis Major Posterior Deltoid Teres Major, Teres Minor Triceps (long head)	45°-50°	Date						
			Examiner						
			Right						
			Left						
Notes									
Adduction	Latissimus Dorsi Pectoralis Major Teres Major	30-45°	Date						
			Examiner						
			Right						
			Left						
Notes									
Abduction	Deltoid Infraspinatus Supraspinatus	180°	Date						
			Examiner						
			Right						
			Left						
Notes									
Medial/Internal Rotation	Anterior Deltoid Latissimus Dorsi Pectoralis Major Subscapularis Teres Major	100°	Date						
			Examiner						
			Right						
			Left						
Notes									
Lateral/ External Rotation	Infraspinatus Posterior Deltoid Teres Minor	80°	Date						
			Examiner						
			Right						
			Left						
Notes									
Horizontal Adduction	Anterior Deltoid Pectoralis Major Posterior Deltoid Teres Major Teres Minor	140°	Date						
			Examiner						
			Right						
			Left						
Notes									
Horizontal Abduction	Infraspinatus Posterior Deltoid Teres Major & Minor	30°	Date						
			Examiner						
			Right						
			Left						
Notes									

## Joint Range of Motion Chart- Cervical Spine

Name \_\_\_\_\_ Age \_\_\_\_\_

Motion	Primary Muscles	ROM	Date	Before	After	Before	After	Before	After
Flexion	Longus Capitis & Coli Rectus Capitis Anterior & Lateralis Scalenes (Anterior Medial, Post.) Sternocleidomastoid	80°	Date						
			Examiner						
			Right						
			Left						
Notes									
Extension	Longissimus Capitis & Cervicis Semispinalis Capitis & Cervicis Spinalis Capitis Splenius Capitis & Cervicis Trapezius	60°-70°	Date						
			Examiner						
			Right						
			Left						
Notes									
Lateral Flexion	Iliocostalis & Longissimus Cervicis Levator Scapula, Multifidus Scalenes, Sternocleidomastoid Semispinalis & Splenius Cervicis	35-45°	Date						
			Examiner						
			Right						
			Left						
Notes									
Rotation	Iliocostalis Cervicis (ipsilateral) Levator Scapula (ipsilateral) Longissimus Cervicis (ipsilateral) Multifidus, Scalenes (contralateral) Splenius Cervicis (ipsilateral) Sternocleidomastoid (contralateral)	80°	Date						
			Examiner						
			Right						
			Left						
Notes									

## Joint Range of Motion Chart- Elbow & Wrist

Name \_\_\_\_\_

Age \_\_\_\_\_

Motion	Primary Muscles	ROM	Date	Before	After	Before	After	Before	After
			Examiner						
Elbow Flexion	Biceps Brachii Brachialis Brachioradialis	145°	Date						
			Examiner						
			Right						
			Left						
Notes									
Elbow Extension	Triceps Anconeus	0°	Date						
			Examiner						
			Right						
			Left						
Notes									
Wrist Flexion	Flexor Carpi Radialis Flexor Carpi Ulnaris Palmaris Longus	85°	Date						
			Examiner						
			Right						
			Left						
Notes									
Wrist Extension	Extensor Carpi Radialis Brevis Extensor Carpi Radialis Longus Extensor Carpi Ulnaris	85°	Date						
			Examiner						
			Right						
			Left						
Notes									
Pronation	Pronator Quadratus Pronator Teres	85°	Date						
			Examiner						
			Right						
			Left						
Notes									
Supination	Biceps Brachii Supinator	90°	Date						
			Examiner						
			Right						
			Left						
Notes									
Radial Deviation/ Abduction	Extensor Carpi Radialis Brevis Extensor Carpi Radialis Longus Flexor Carpi Radialis Palmaris Longus	15°	Date						
			Examiner						
			Right						
			Left						
Notes									
Ulnar Deviation/ Adduction	Extensor Carpi Ulnaris Flexor Carpi Ulnaris	45°	Date						
			Examiner						
			Right						
			Left						
Notes									