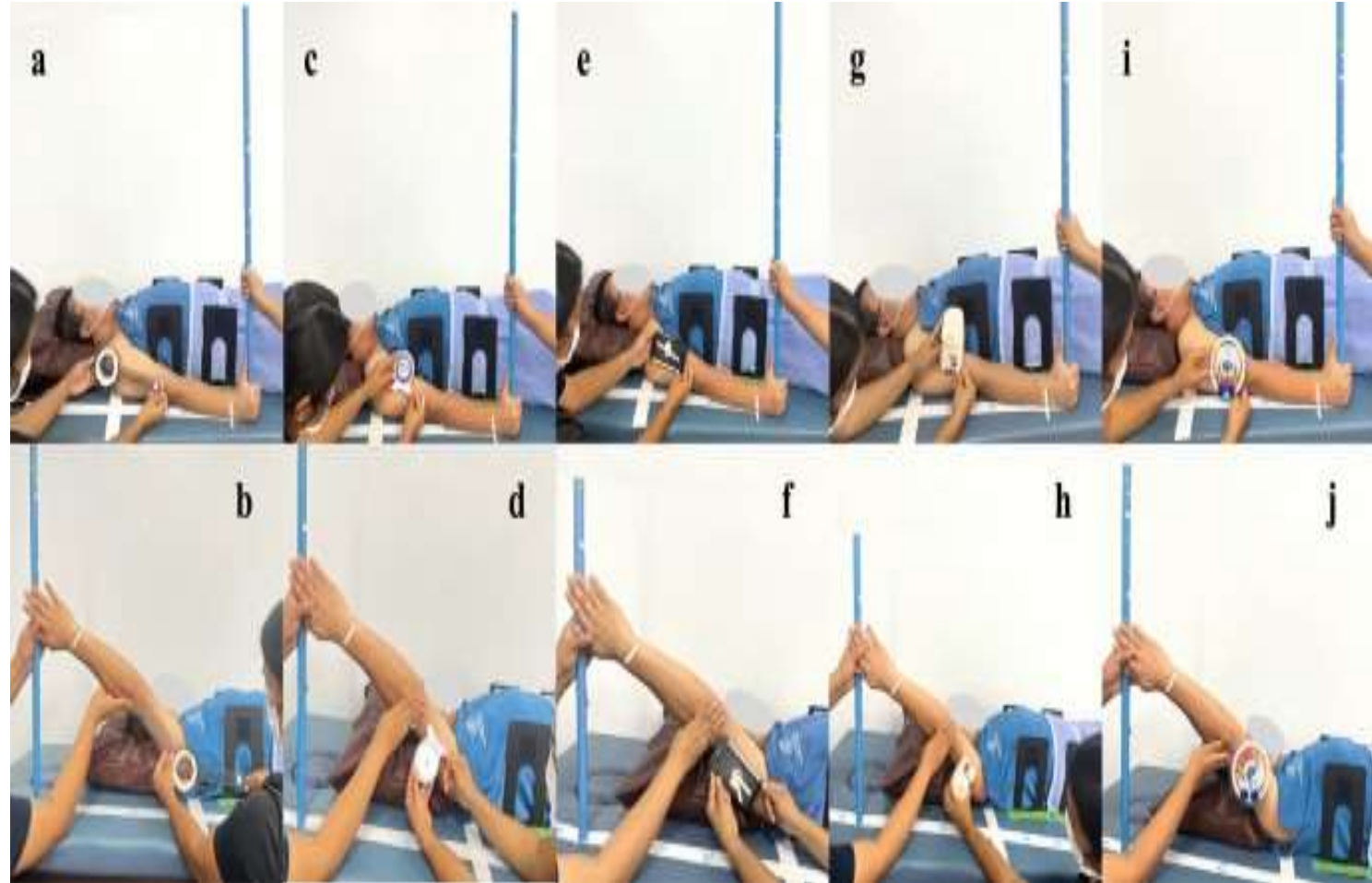


SNS COLLEGE OF PHYSIOTHERAPY COIMBATORE-35

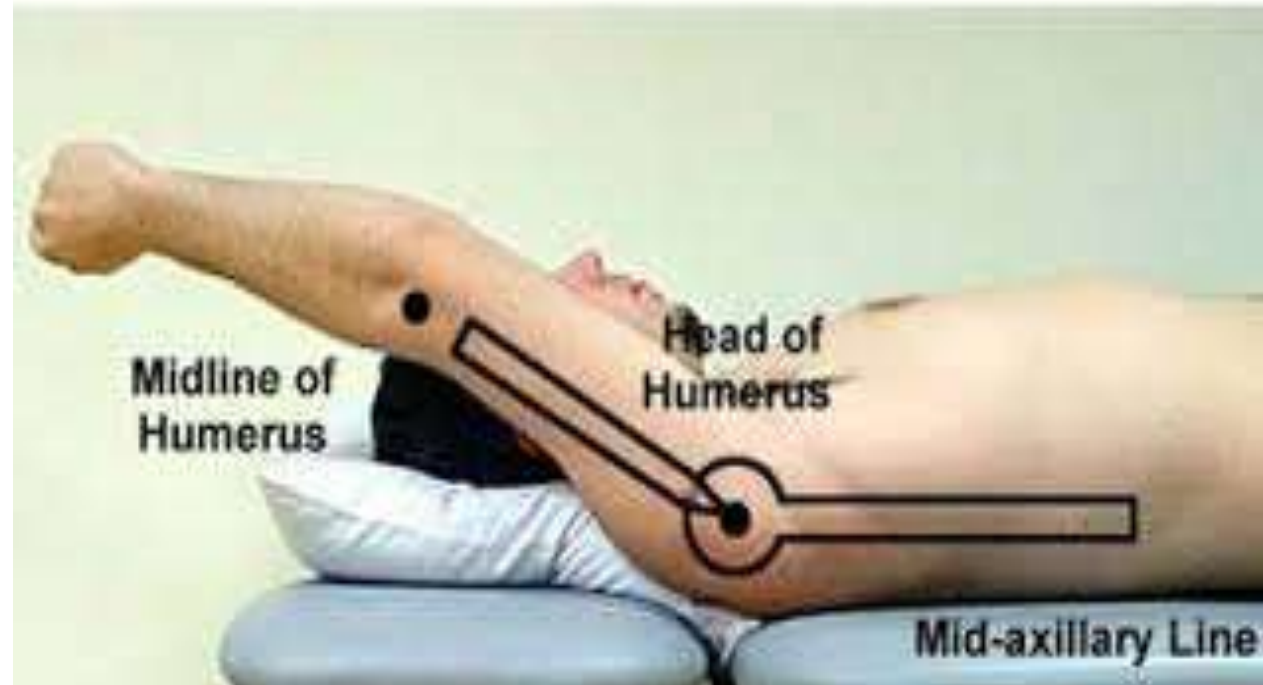
COURSE NAME : BPT., Physiotherapy IV Year
SUBJECT : Exercise Therapy II
UNIT : II
TOPIC : Goniometry for Upperlimb
PREPARED BY : Varunkumar S

Upper Limb

- Shoulder flexion: 0–180°
- Shoulder extension: 0–60°
- Shoulder abduction: 0–180°
- Elbow flexion: 0–150°
- Forearm supination: 0–90°
- Wrist flexion: 0–80°

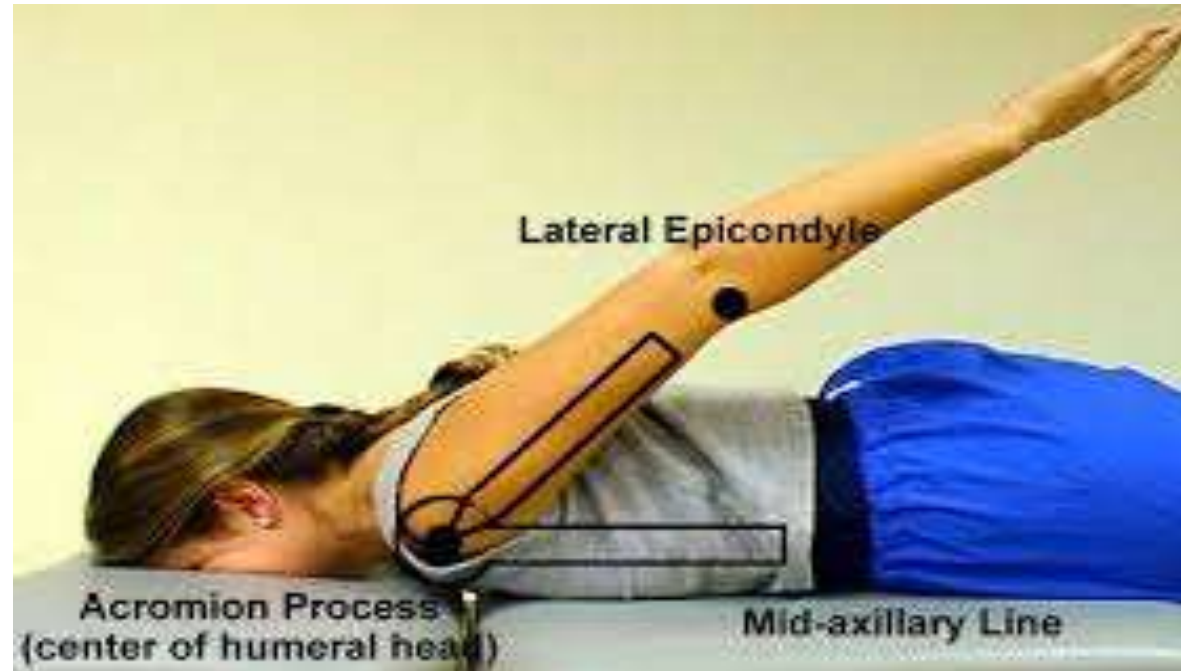


- **Patient position:** Supine, knees flexed, arm by side
- **Axis:** Lateral aspect of greater tubercle
- **Stationary arm:** Mid-axillary line of trunk
- **Moving arm:** Lateral midline of humerus toward lateral epicondyle
- **Normal ROM:** 0–180°

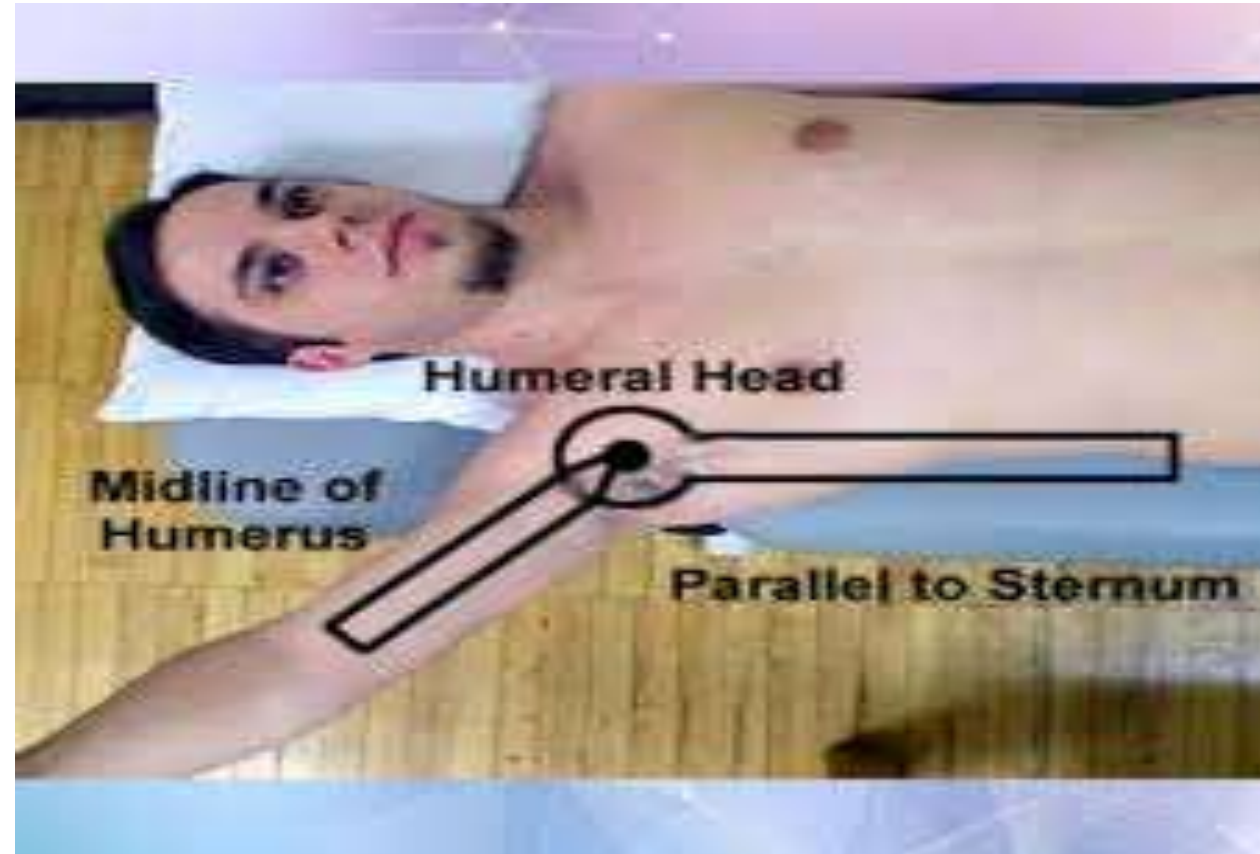


Shoulder Joint – Extension

- **Patient position:** Prone, arm by side
- **Axis:** Greater tubercle of humerus
- **Stationary arm:** Mid-axillary line of trunk
- **Moving arm:** Lateral midline of humerus
- **Normal ROM:** 0–60°



- **Patient position:** Supine
- **Axis:** Anterior aspect of acromion process
- **Stationary arm:** Parallel to sternum
- **Moving arm:** Anterior midline of humerus
- **Normal ROM:** 0–180°

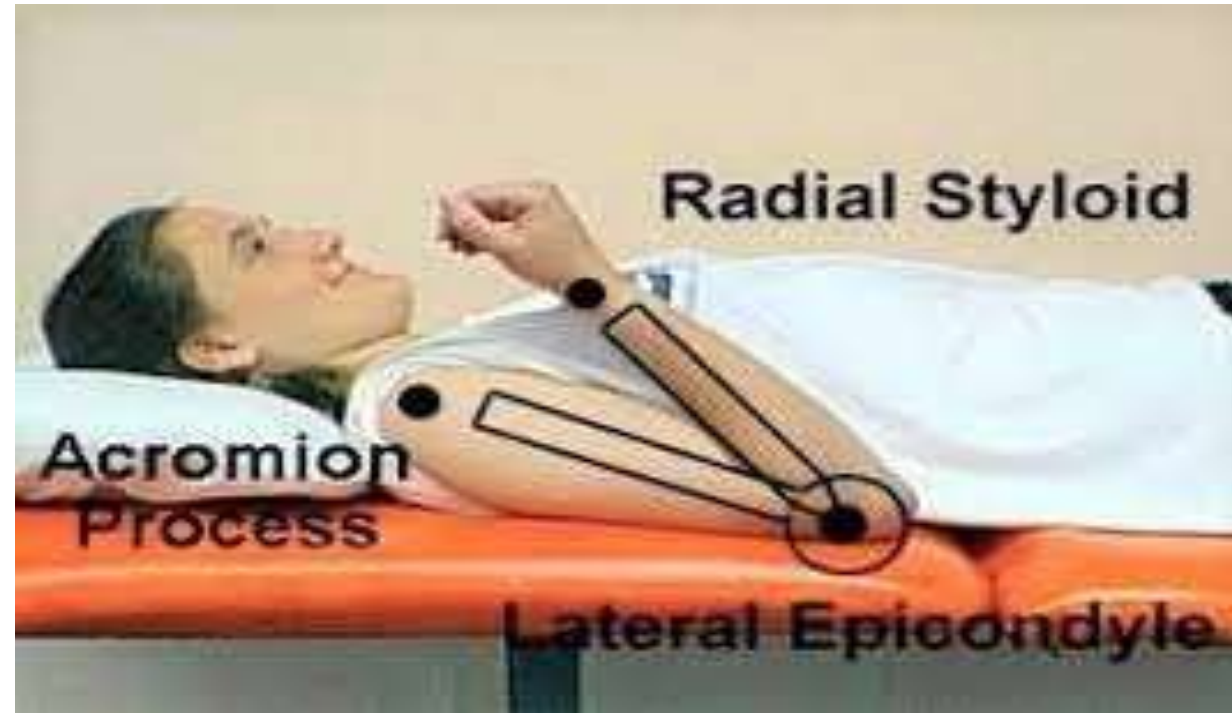


Shoulder – Medial & Lateral Rotation

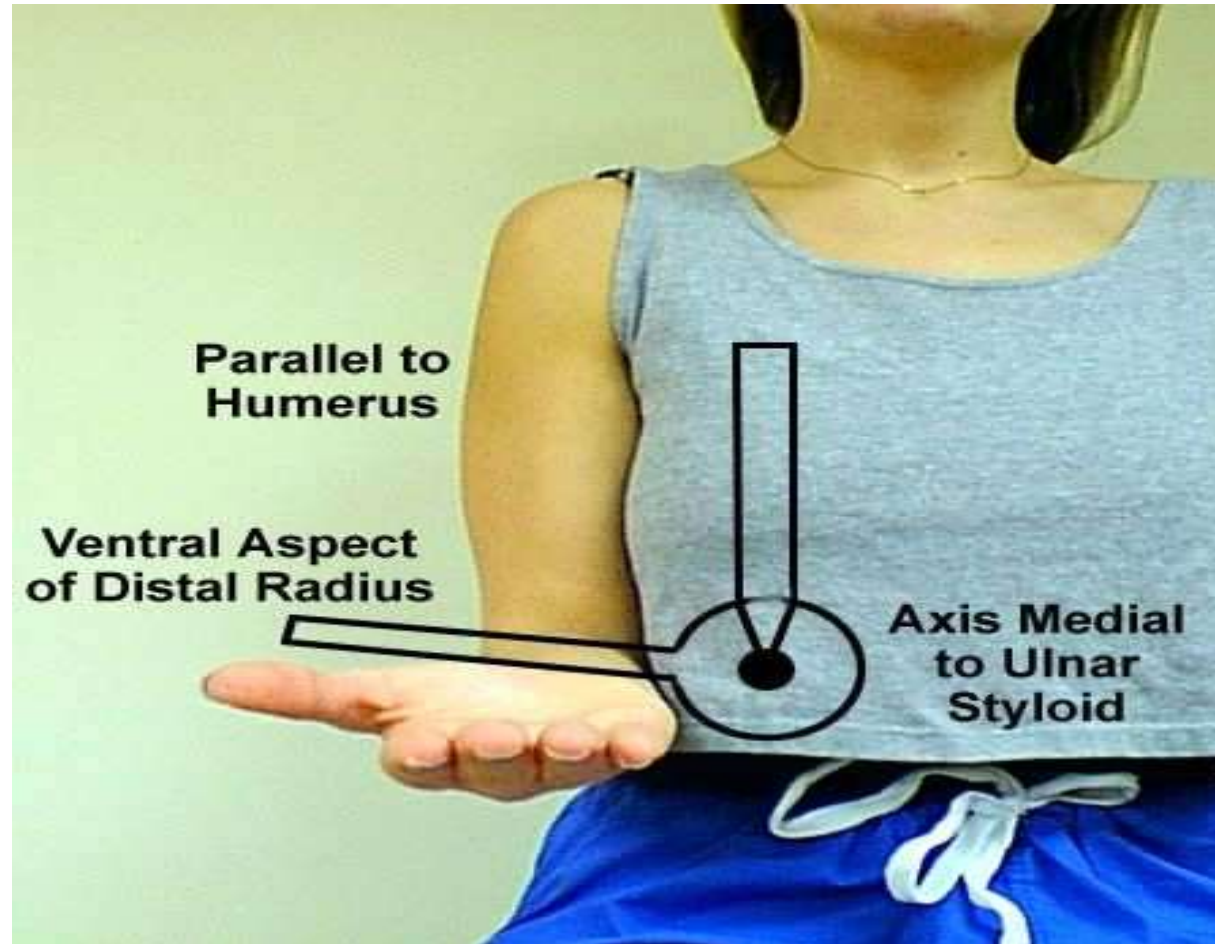
- **Patient position:** Supine, shoulder abducted 90°, elbow flexed 90°
- **Axis:** Olecranon process
- **Stationary arm:** Perpendicular to floor
- **Moving arm:** Along ulna toward ulnar styloid
- **Normal ROM:**
 - Medial: 0–70°
 - Lateral: 0–90°



- **Patient position:** Supine
- **Axis:** Lateral epicondyle of humerus
- **Stationary arm:** Lateral midline of humerus
- **Moving arm:** Lateral midline of radius
- **Normal ROM:**
 - Flexion: 0–150°
 - Extension: 0°



- **Patient position:** Sitting, elbow flexed 90°
- **Axis:** Proximal to ulnar styloid
- **Stationary arm:** Perpendicular to floor
- **Moving arm:** Across palmar/dorsal surface of forearm
- **Normal ROM:** 0–90° each



- **Patient position:** Sitting, forearm supported
- **Axis:** Lateral wrist at triquetrum
- **Stationary arm:** Lateral midline of ulna
- **Moving arm:** Lateral midline of 5th metacarpal
- **Normal ROM:**
 - Flexion: 0–80°
 - Extension: 0–70°



Wrist – Radial & Ulnar Deviation

- **Patient position:** Sitting, forearm pronated
- **Axis:** Capitate bone
- **Stationary arm:** Midline of forearm
- **Moving arm:** Midline of 3rd metacarpal
- **Normal ROM:**
 - Radial: 0–20°
 - Ulnar: 0–30°



- Proper stabilization
- Avoid trick movements
- Compare with opposite side
- Record AROM & PROM



- Clarkson HM. Musculoskeletal Assessment: Joint Range of Motion and Manual Muscle Testing
- Norkin CC, White DJ. Measurement of Joint Motion: A Guide to Goniometry

