

RANGE OF MOTION FOR FUNDAMENTAL MOVEMENTS

SHOULDER JOINT

flexion	90°
extension	0°
hyperextension	45°
abduction	90°
adduction	0°
outward rotation	90°
inward rotation	85°
horizontal flexion	90°
horizontal abduction	90°

WRIST

flexion	90°
extension	0°
hyperextension	90°
ulnar flexion	45°
radial flexion	25°

DISTAL INTERPHALANGEAL JT

flexion	80°
extension	0°

METATARSAL-PHALANGEAL JT

flexion	20°
extension	0°
hyperextension	80°
abduction	20°
adduction	0°

PROXIMAL INTERPHALANGEAL JT

flexion	50°
extension	0°

DISTAL INTERPHALANGEAL JT

flexion	20°
extension	0°

NECK - cervical region

flexion	45°
extension	0°
hyperextension	50°
lateral flexion	45°
rotation	170°(total)

METACARPAL - PHALANGEAL JT.

flexion	90°
extension	0°
hyperextension	100°
abduction	30°
adduction	0°

PROXIMAL INTERPHALANGEAL JT

flexion	110°
extension	0°

KNEE

flexion	135°
extension	0°
rotation	50°

ANKLE

plantar flexion	60°
dorsi flexion	15°

FOOT

plantar flexion	60°
dorsi flexion	15°
inversion	45°
eversion	25°
abduction	20°
adduction	40°
supination	40°
pronation	20°