

Range of Motion and Goniometric Measurements Record Form

Instructions: Click in the fields to manually enter information. To preserve your input, save the document locally.

Client Name:

Date:

Diagnosis:

Date of onset:

Precautions:

SHOULDER						
Left		Joint Motion	Normal ROM	Right		Comments
AROM	PROM			AROM	PROM	
		Flexion	0 to 170			
		Abduction	0 to 170			
		Internal Rotation	0 to 60			
		External Rotation	0 to 80			
ELBOW						
Left		Joint Motion	Normal ROM	Right		Comments
AROM	PROM			AROM	PROM	
		Flexion/Extension	0 to 150			
FOREARM						
Left		Joint Motion	Normal ROM	Right		Comments
AROM	PROM			AROM	PROM	
		Supination	0 to 80			
		Pronation	0 to 80			

WRIST						
Left		Joint Motion	Normal ROM	Right		Comments
AROM	PROM			AROM	PROM	
		Flexion	0 to 80			
		Extension	0 to 70			
		Radial Deviation	0 to 20			
		Ulnar Deviation	0 to 30			
THUMB						
Left		Joint Motion	Normal ROM	Right		Comments
AROM	PROM			AROM	PROM	
		CMC Palmar Abduction	0 to 50			
		CMC Radial Abduction	0 to 50			
		MCP Flexion	0 to 50			
		IP Flexion	0 to 90			
FINGERS						
Left		Joint Motion	Normal ROM	Right		Comments
AROM	PROM			AROM	PROM	
		MCP Flexion	0 to 90			
		MCP Extension	0 to 45			
		MCP Abduction	0 to 25			
		PIP Flexion	0 to 110			
		DIP Flexion	0 to 80			

Shurtleff, T., & Kaskutas, V. (2018). Joint range of motion. In H. Pendleton & W. Schultz-Krohn (Eds.). *Pedretti's occupational therapy: Practice skills for physical dysfunction* (8th ed.) (pp. 477-511). St. Louis, MO: Elsevier.