

**Table 6.2** Normal End Feels

End feel	Description	Example
Soft	Two muscle bellies in contact with one another	Knee flexion, elbow flexion
Firm	Leathery or springy resistance from capsule or ligament	Ankle inversion, metacarpophalangeal hyperextension
Hard	Abrupt end feel from two bones meeting each other	Elbow extension

From S. Shultz, P. Houglum, and D. Perrin, 2016. *Examination of musculoskeletal injuries*, 4th ed. (Champaign, IL: Human Kinetics).