

**Table 6.4** Joint Resting Positions

Joint	Resting position
Finger MCPs and IPs	20° flexion
Wrist	0°
Elbow: humeroulnar	70° flexion, 10° supination
Elbow: humeroradial	Full extension and supination
Elbow: radioulnar	70° flexion, 35° supination
Glenohumeral	55° flexion, 20-30° horizontal abduction
Hip	30° flexion, 30° abduction, slight lateral rotation
Knee: tibiofemoral	20-25° flexion
Knee: patellofemoral	Full knee extension
Ankle and midfoot: talocrural	10° plantar flexion
Ankle and midfoot: subtalar and midtarsal	Midrange of inversion and eversion
Forefoot and toes: #1 MTP	20° dorsiflexion
Forefoot and toes: #2-5 MTP and IP	20° plantar flexion

MCP = metacarpophalangeal; IP = interphalangeal; MTP = metatarsophalangeal.

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