



## Range of Motion Measurement Technique

- ☐ Explain the technique to the patient
- ☐ Position the patient comfortably
- ☐ Position the segment to be measured at the beginning of its motion
- ☐ Stabilize the proximal portion of the segment
- ☐ Palpate bony landmarks
- ☐ Move to eye level
- ☐ Position the stationary arm
- ☐ Position the moveable arm
- ☐ Assure alignment of the fulcrum with the joint's axis
- ☐ Observe for substitution
- ☐ Recheck stationary and moveable arm positions
- ☐ Record measurement
- ☐ Stabilize proximal segment
- ☐ Move joint to end motion position
- ☐ Locate bony landmarks
- ☐ Realign stationary and moveable arms
- ☐ Observe for substitutions
- ☐ Recheck alignment of both arms and fulcrum
- ☐ Record measurement

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