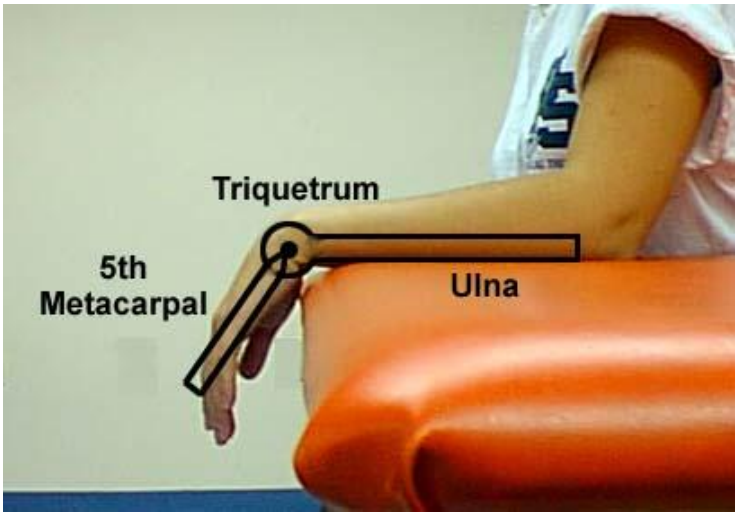
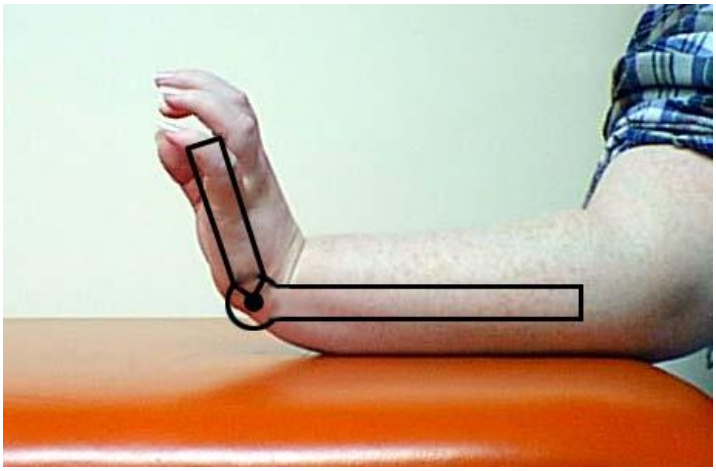
Goniometry



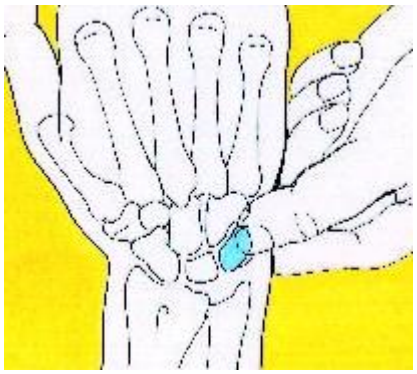
Wrist Flexion: Pt seated with forearm resting on table (use olecranon process & midline of ulna as reference for stationary arm)

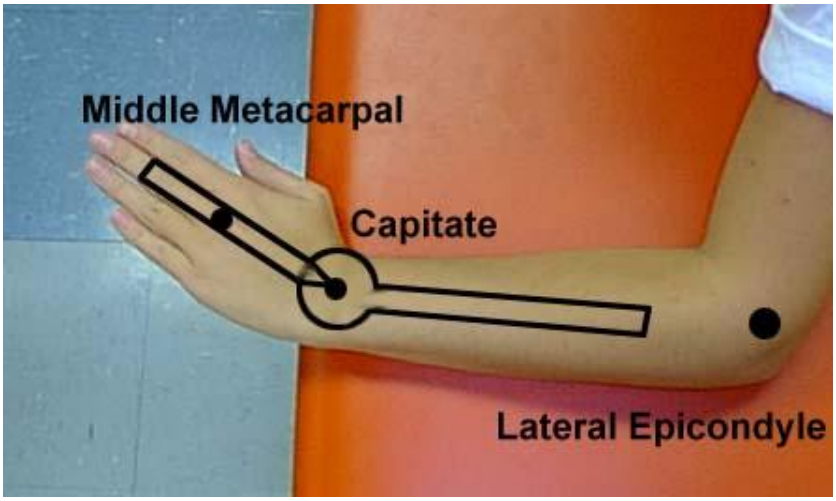


Wrist Extension: Pt seated with forearm resting on table (Goniometer alignment as in wrist flexion)

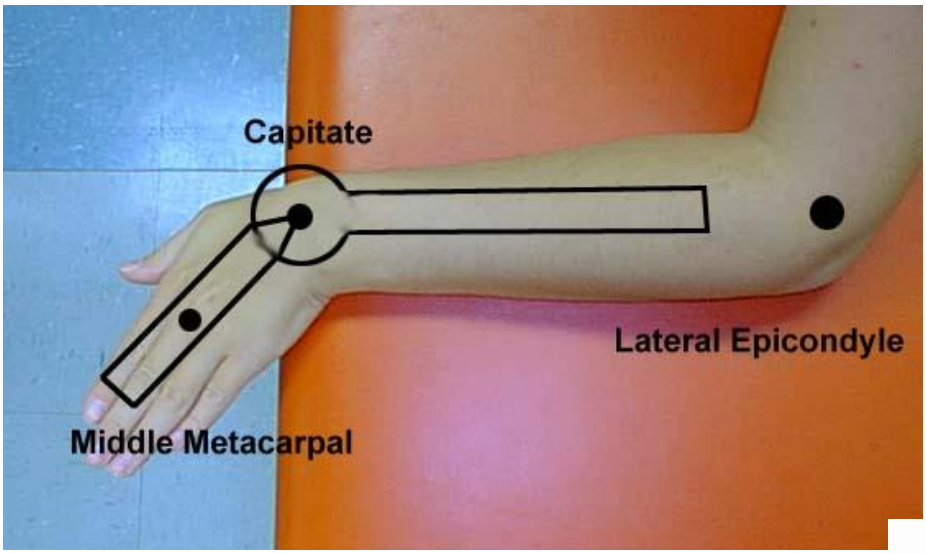
The Triquetrum

On the ulnar side of the wrist lies the "ulnar snuffbox" between the extensor and the flexor carpi ulnaris tendons. At the base of this snuffbox one can palpate the triquetrum during radial deviation.

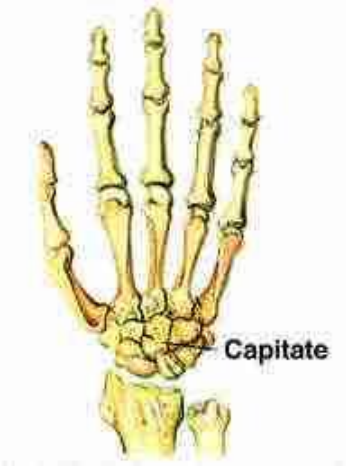




Wrist Radial Deviation: Pt seated with forearm on table

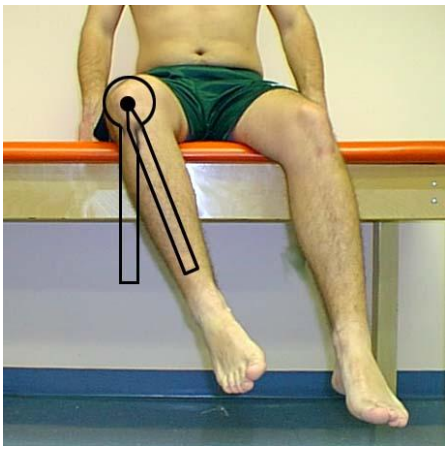


Wrist Ulnar Deviation: Pt seated with forearm on table

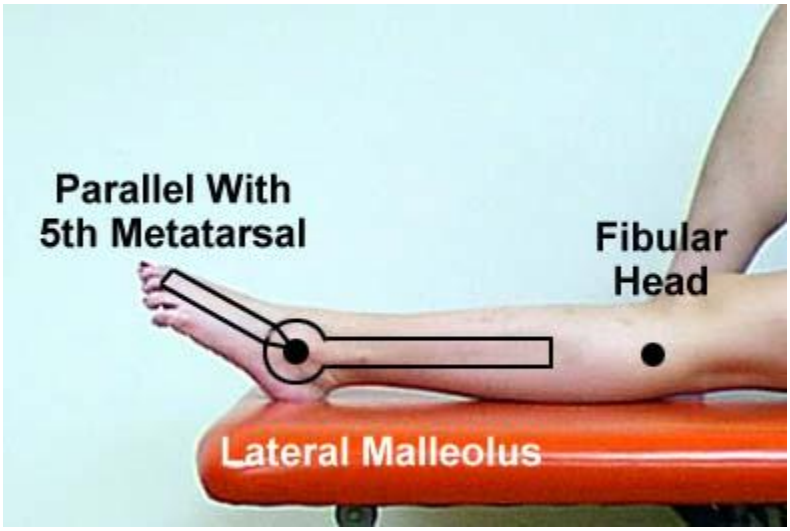


The Capitate:
Palpable immediately proximal to the base of the 3rd metacarpal.
W/ wrist in neutral, one may palpate a small depression in capitate.
W/ wrist flexed the depression rolls distally, & capitate slides out from under lunate to create a fullness where depression has been.

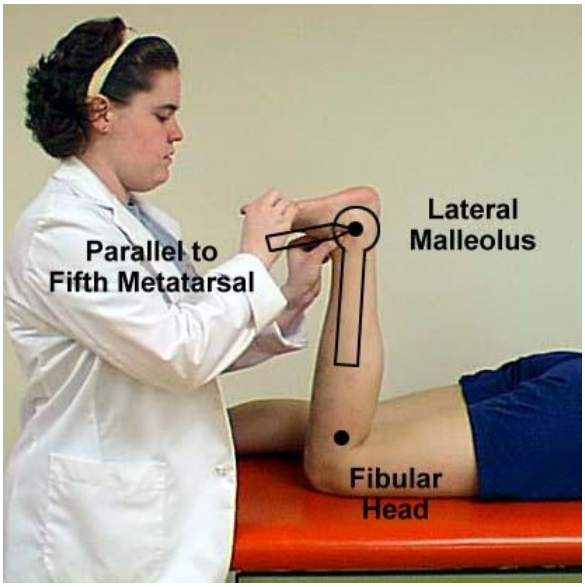
Hip Int Rotation: Subject seated with thigh stabilized and knee flexed to 90°.
(Don't let trunk/pelvis lean!) **Axis** aligned with mid patella. **Stationary arm** perpendicular to floor.
Movable arm aligned with tibial crest/point midway between malleoli



Hip External Rotation: Pt seated. Thigh Stabilized. Knee flexed to 90°.
(Don't let trunk/pelvis lean!) **Axis** aligned with mid patella. **Stationary arm** perpendicular to floor.
Movable arm aligned with tibial crest/point midway between malleoli

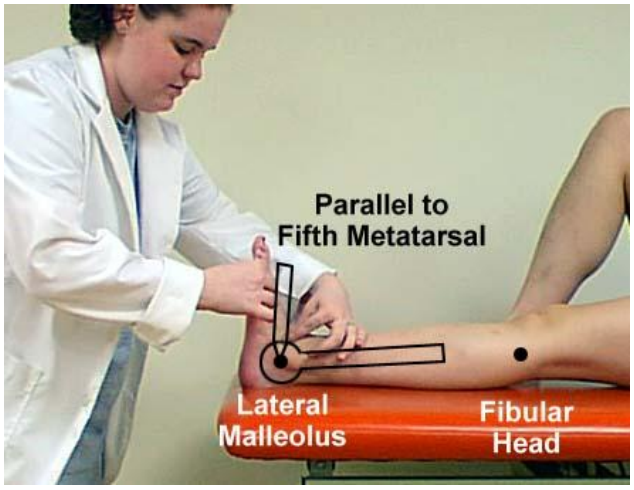


Ankle Plantarflexion: Pt supine (**We will do this measurement in sitting due to space limitations!!!**)



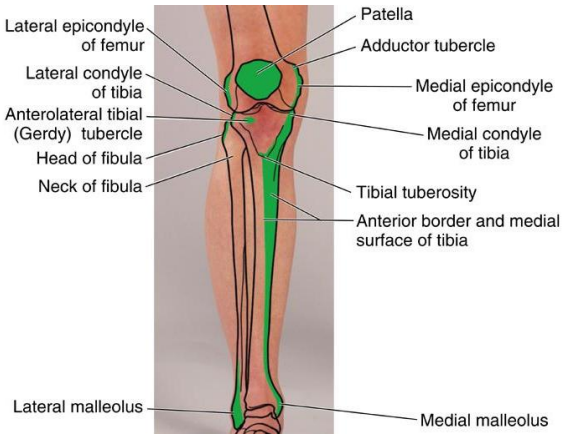
Ankle Dorsiflexion: Pt prone. Ankle in Sub-talar Neutral

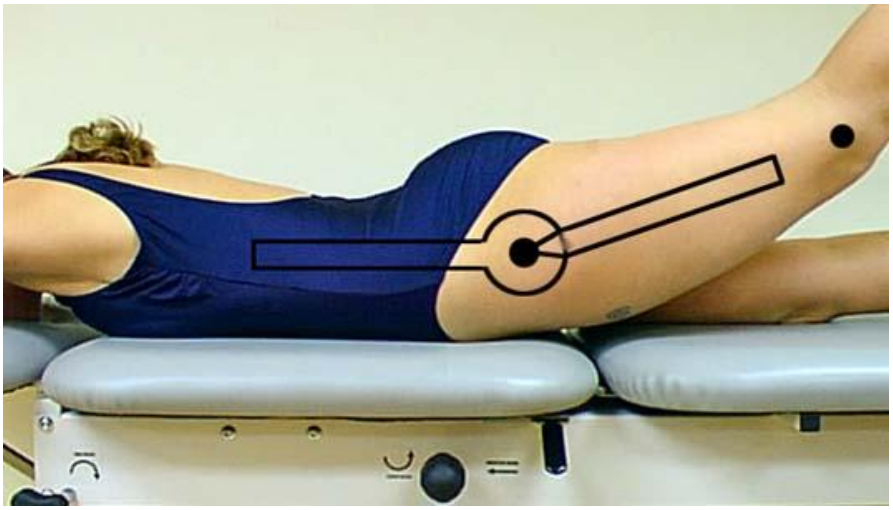
(We will do this measurement in sitting due to space limitations!!!)



Ankle Dorsiflexion with Gastrocsoleus Limiting: Pt supine & in sub-talar neutral

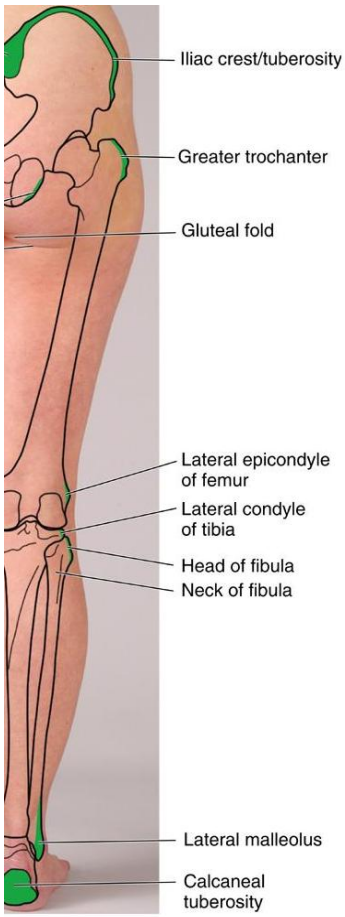
(We will do this measurement in sitting due to space limitations!!!)

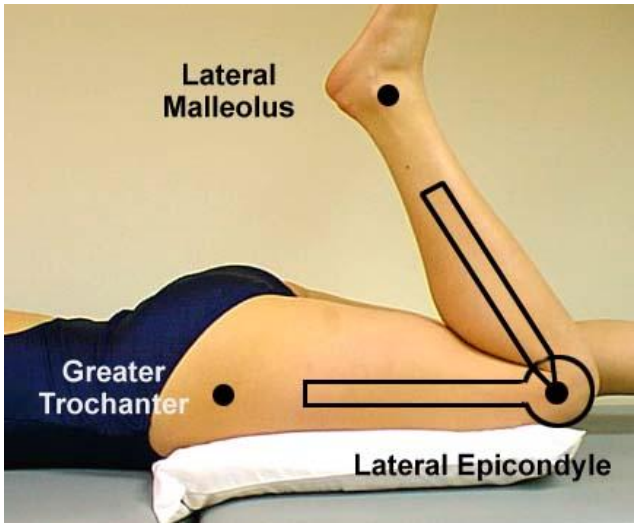




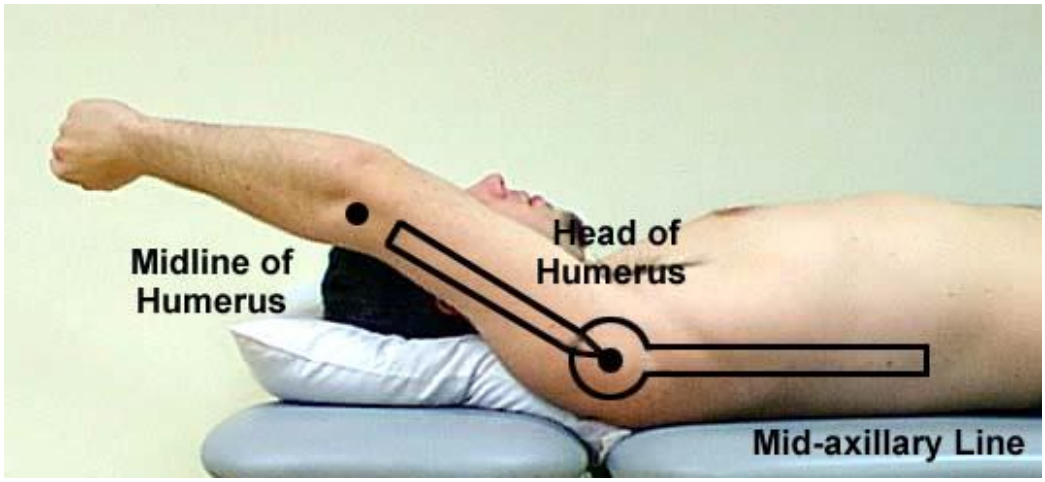
Hip Extension: Pt prone. Trunk Midline - Greater Trochanter - Lateral Epicondyle of Femur

<u>(Since we are limited in space, you will need to take turns on the plinth measuring this)</u>

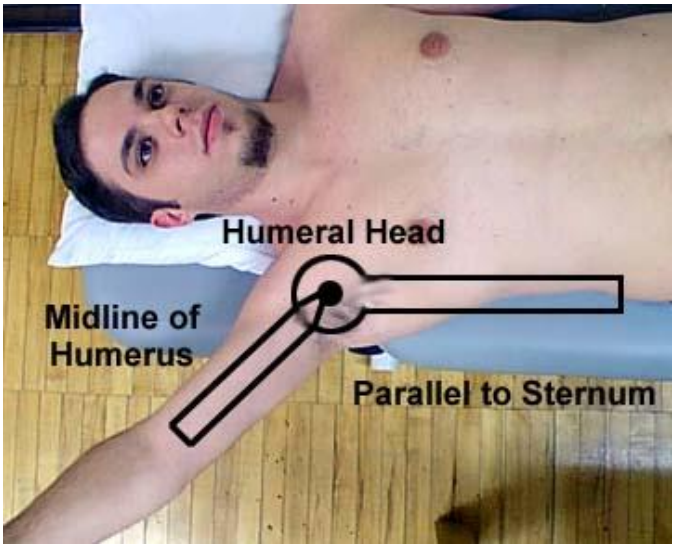




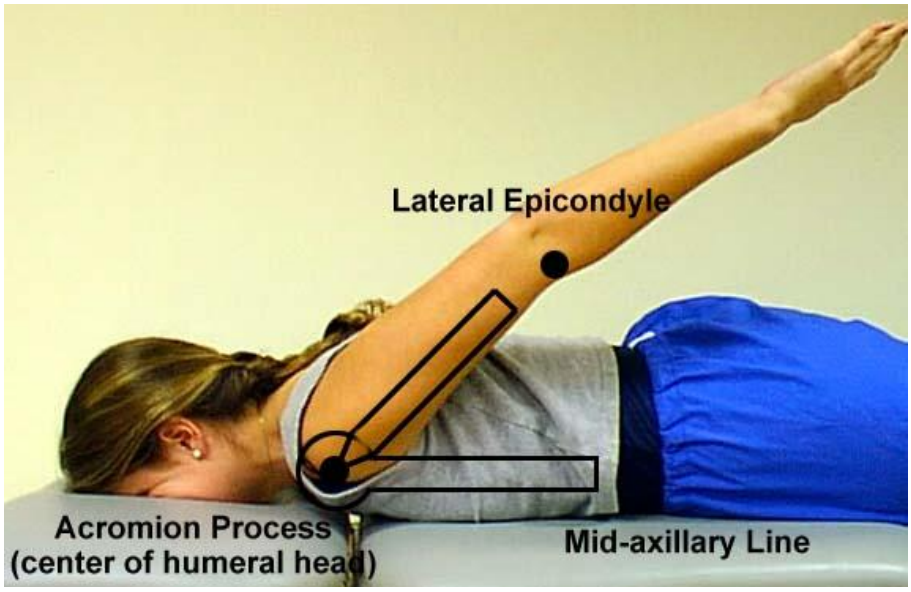
Knee Flexion with Rectus Femoris Length Limiting: Pt prone.
(We will do this measurement in sitting due to space limitations!!!)



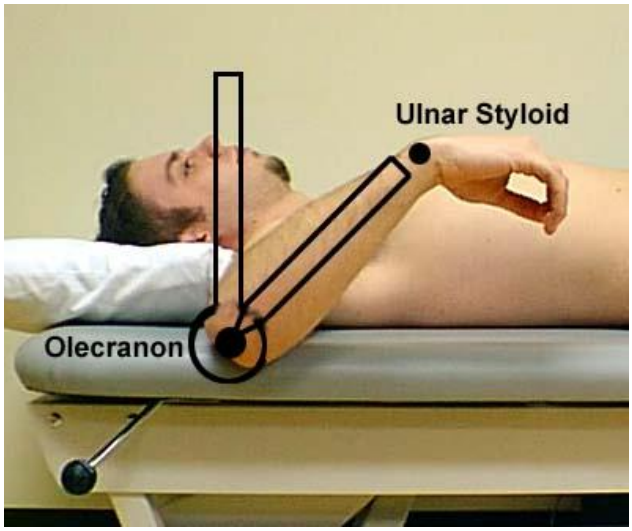
Shdr Complex Flexion: Pt supine; knees bent/feet resting on mat to flatten lumbar spine;
(Stabilize scapula if measuring pure gleno-humeral joint motion)
(We will do this measurement in sitting due to space limitations!!!)



Shdr Complex Abduction: Pt supine; Shoulder Externally Rotated; stabilize thorax;
(Stabilize scapula if measuring pure gleno-humeral joint motion)
(We will do this measurement in sitting due to space limitations!!!)

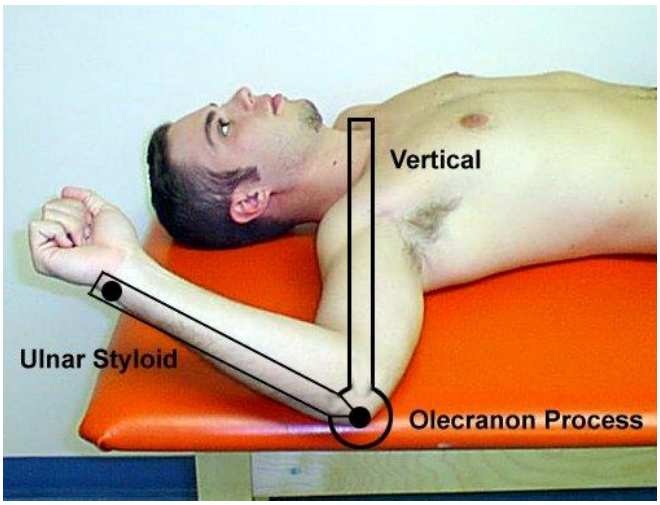


Shdr Complex Extension: Pt prone; stabilize trunk
(Stabilize scapula if measuring pure gleno-humeral joint motion)
(We will do this measurement in sitting due to space limitations!!!)



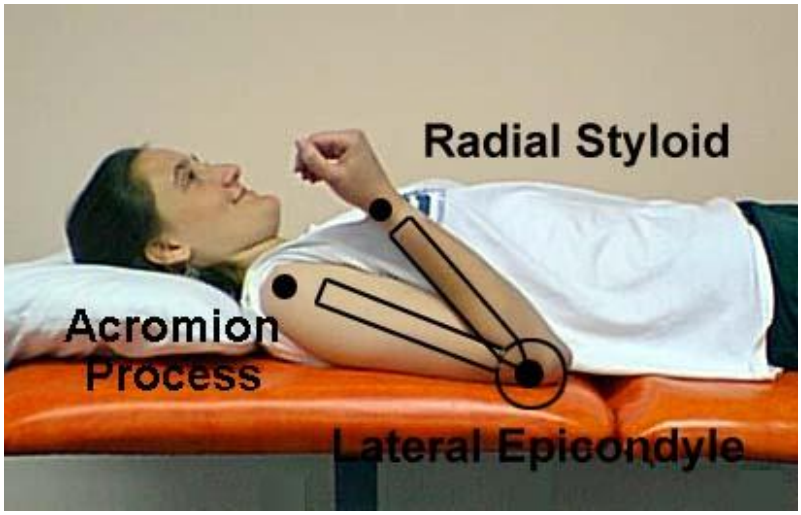
Shdr Complex Int. Rotation: Pt supine; 90^{o} shoulder abduction, 90^{o} elbow flexion; stabilize trunk; (Stabilize scapula if measuring pure gleno-humeral joint motion)

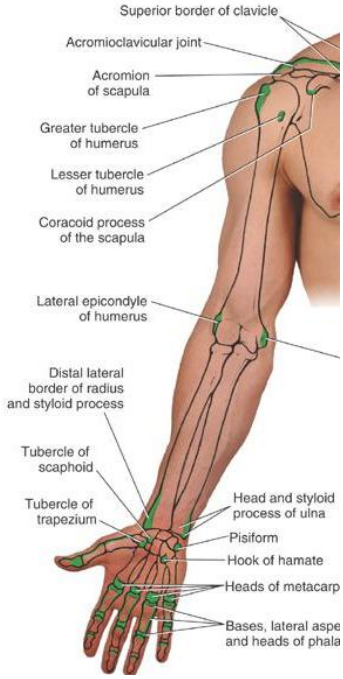
(We will do this measurement in sitting due to space limitations!!!)



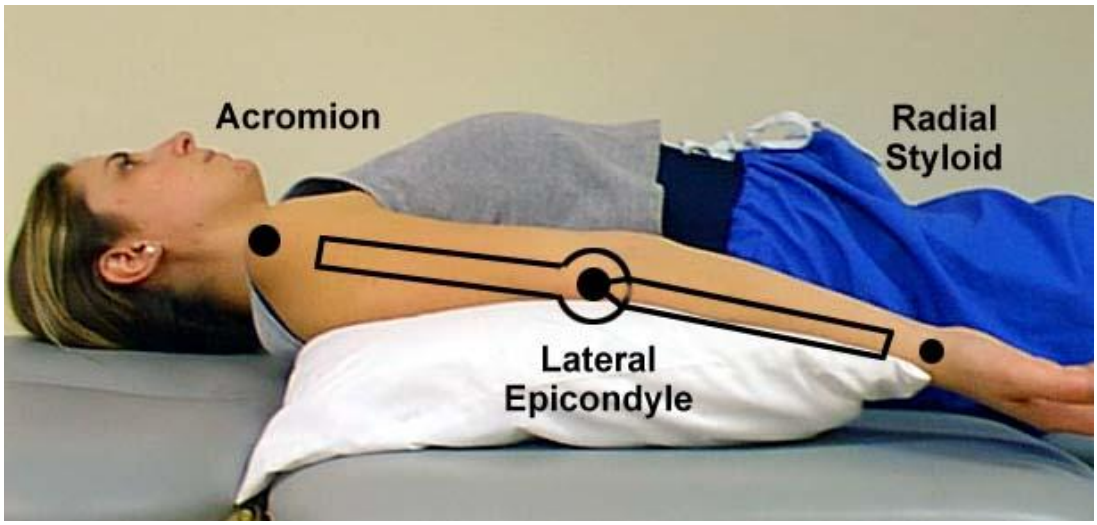
Shdr Complex Ext Rotation: Pt supine; 90^{o} shoulder abduction, 90^{o} elbow flexion; stabilize trunk; (Stabilize scapula if measuring pure gleno-humeral joint motion)

(We will do this measurement in sitting due to space limitations!!!)



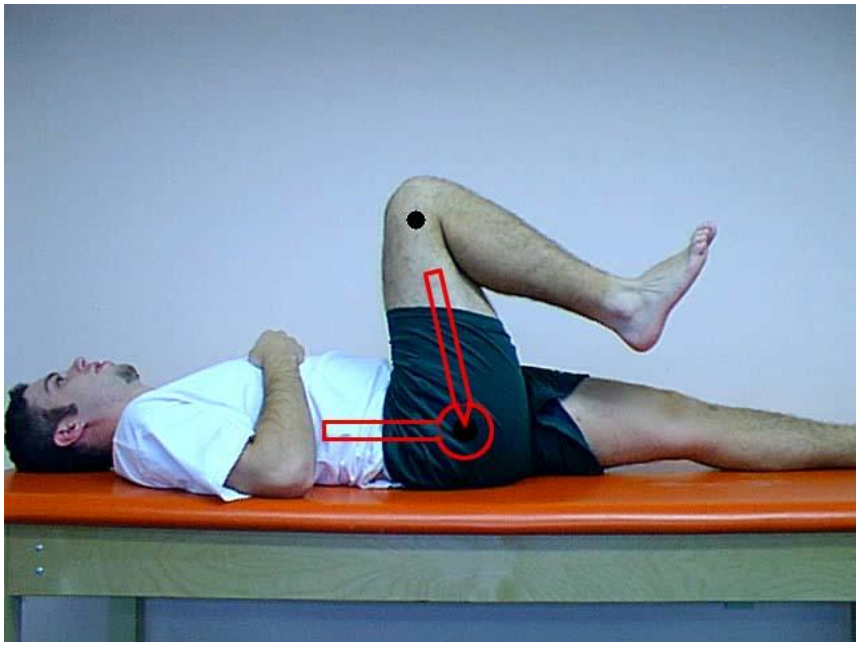


Elbow Flexion: Pt. supine with forearm supinated
(can use midline of radius
& midline of humerus for alignment of moving & stationary arms
(We will do this measurement in sitting due to space limitations!!!)



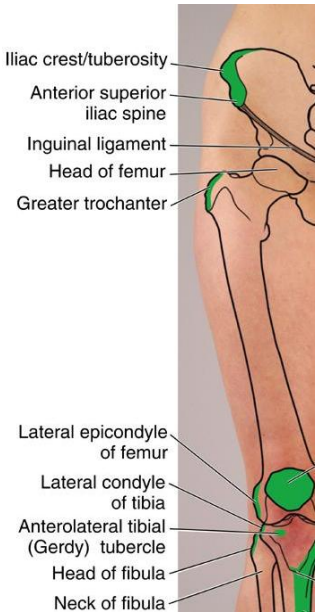
Elbow Extension: Pt supine

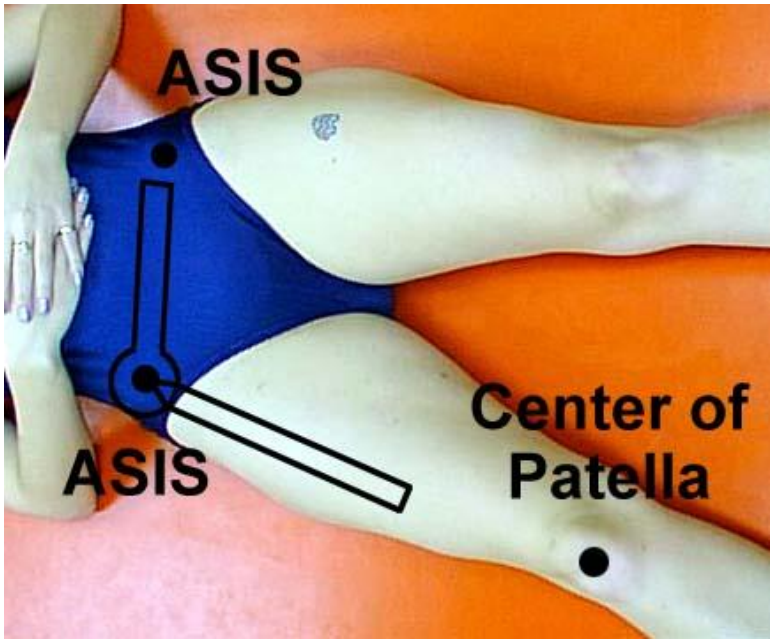
(We will do this measurement in sitting due to space limitations!!!)



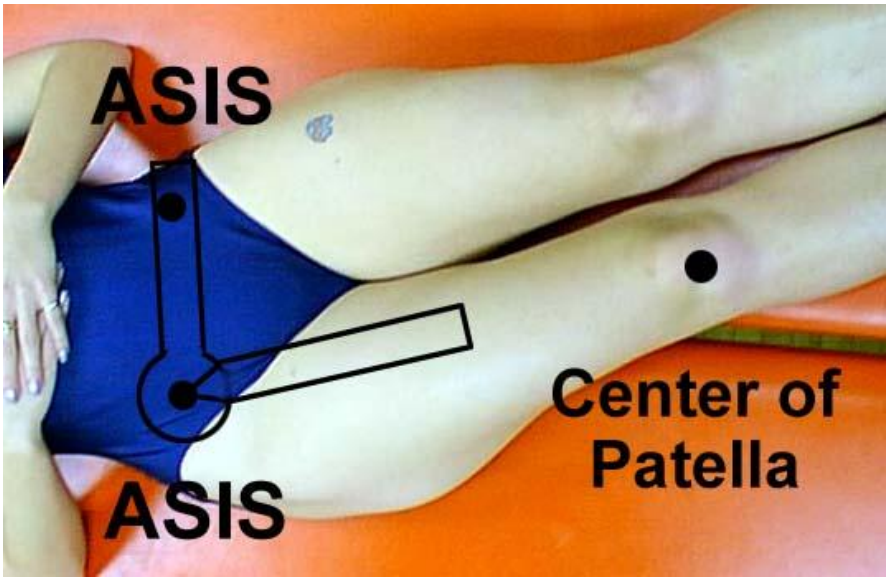
Hip Flexion: Supine. Let knee flex prn. Trunk Midline - Greater Trochanter - Lateral Epicondyle

(We will do this measurement in sitting due to space limitations!!!)

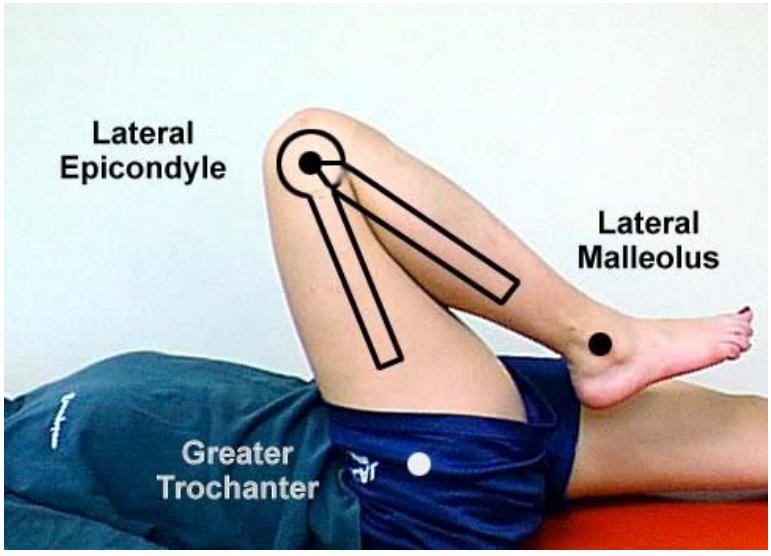




Hip Abduction: Pt supine (use imaginary line between ASISs for stationary arm &
midline of femur for movable arm alignment

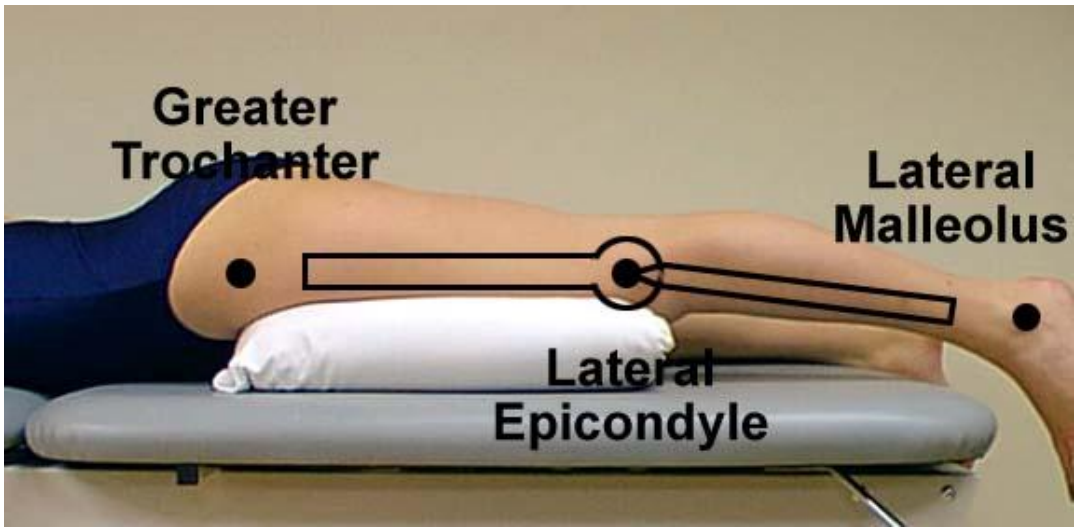


Hip Adduction: Pt supine. Abduct opposite hip (to get it out of the way)



Knee Flexion: Pt supine. Allow comfortable hip flexion.

(We will do this measurement in sitting due to space limitations!!!)



Knee Extension: Pt. prone

(We will do this measurement in sitting due to space limitations!!!)