

STABILITY-MOBILITY ASSESSMENTS (SIMPLIFIED)

AREA	MOBILITY ASSESSMENT
Neck	
Shoulder	
Elbows	
Wrist	
Thoracic Spine	
Lumbar Pelvic	
Hip	
Knee	

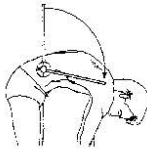

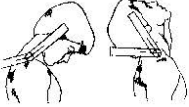
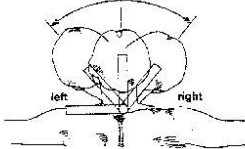


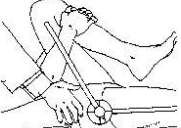


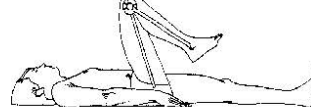
AREA	STABILITY ASSESSMENT
Lumbar Pelvic	
Hip	
Knee	
Ankle	

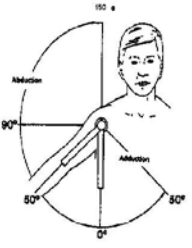
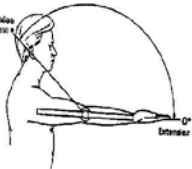

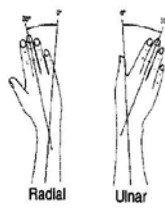

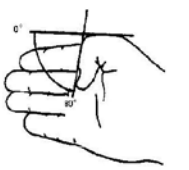
Test References

AREA	MOBILITY TEST
Neck	Flexion Extension Lateral Flexion Rotation
Shoulder	Circumduction Reach Back Overhead Raise Elevation Depression
Elbows	Flexion Extension Supination Pronation
Wrist	Circumduction Flexion Extension Ulnar-Radial Deviation
Thoracic Spine	Flexion Extension Thoracic Twist Rotation
Lumbar Pelvic	Lateral Flexion Flexion Extension
Hip	Circumduction Flexion Extension
Knee	Flexion Extension

AREA	STABILITY TEST
Lumbar Pelvic	Straight-Arm Plank
Hip	Single Leg Stance
Knee	Single Leg Squat
Ankle	Single Leg Heel Raise

Range of Joint Motion Evaluation Chart

Full Name:				Date:			
<p>INSTRUCTIONS: For each affected joint, please indicate the existing limitation of motion by drawing a line(s) on the figures below, showing the maximum possible range of motion or by notating the chart in degrees. Provide a complete description of all affected joints in your narrative summary. If range of motion was normal for all joints, please comment in your narrative summary. If joints which do not appear on this chart are affected, please indicate the degree of limited motion in your narrative.</p>							
1. Back				2. Lateral (flexion)			
		Extension 25°	Flexion 90°			Left 25°	Right 25°
		Degrees	Degrees			Degrees	Degrees
3. Neck				4. Neck (lateral bending)			
		Extension 60°	Flexion 50°			Left 45°	Right 45°
		Degrees	Degrees			Degrees	Degrees
5. Neck (rotation)				6. Hip (backward extension)			
		Left 80°	Right 80°			Left 30°	Right 30°
		Degrees	Degrees			Degrees	Degrees
7. Hip (flexion)				8. Hip (adduction)			
		Left				Left 20°	Right 20°
		Knee Flexed 100°	Knee Extended 100°			Degrees	Degrees
		Right				Degrees	Degrees
		Knee Flexed 100°	Knee Extended 100°			Degrees	Degrees
9. Hip (abduction)				10. Knee (flexion)			
		Left 40°	Right 40°			Left 150°	Right 150°
		Degrees	Degrees			Degrees	Degrees

11. Shoulder (Abduction – Adduction)		12. Shoulder (Flexion – Extension)		
	Left		Left	
	Abduction 150°	Adduction 30°	Extension 50°	Flexion 150°
	Degrees	Degrees	Degrees	Degrees
	Right		Right	
Abduction 150°	Adduction 30°	Extension 50°	Flexion 150°	
Degrees	Degrees	Degrees	Degrees	
13. Elbow		14. Forearm (Pronation – Supination)		
	Left		Left	
	Extension 0°	Flexion 150°	Pronation 80°	Supination 80°
	Degrees	Degrees	Degrees	Degrees
	Right		Right	
Extension 0°	Flexion 150°	Pronation 80°	Supination 80°	
Degrees	Degrees	Degrees	Degrees	
15. Ankle		16. Ankle (Flexion – Extension)		
	Left		Left	
	Inversion 30°	Eversion 20°	Plantar 40°	Dorsal 20°
	Degrees	Degrees	Degrees	Degrees
	Right		Right	
Inversion 30°	Eversion 20°	Plantar 40°	Dorsal 20°	
Degrees	Degrees	Degrees	Degrees	
17. Wrist (radial, ulnar)		18. Wrist		
	Left		Left	
	Radial 20°	Ulnar 30°	Extension 60°	Flexion 60°
	Degrees	Degrees	Degrees	Degrees
	Right		Right	
Radial 20°	Ulnar 30°	Extension 60°	Flexion 60°	
Degrees	Degrees	Degrees	Degrees	
19. Thumb (MP Joint)		20. Thumb (IP Joint)		
	Left	Right	Left	Right
	Flexion 60°	Flexion 60°	Flexion 80°	Flexion 80°
	Degrees	Degrees	Degrees	Degrees
	Left	Right	Left	Right
	Flexion 80°	Flexion 80°	Flexion 80°	Flexion 80°
	Degrees	Degrees	Degrees	Degrees