RANGE OF MOVEMENT OF JOINTS

The CERVICAL SPINE has
- 0° flexion eachway
- 40° extension
- 40° forward flexion
- and 45° rotation eachway

The SHOULDER has
- 170° Abduction
- 0° - 50° Adduction
- 60° Extension
- 160° (forward) flexion
- 70° of internal and 70° of external rotation
- There are 80° of supination and pronation

The ELBOW has
- 150° flexion
- 0° Full extension
- There is 80° of supination and pronation

The WRIST has
- 70° dorsiflexion
- 70° palmar flexion

The THUMB has 80° flexion
- at the IP joint
- Full extension
- 50° at the MCP joint
- 15° at the CMC joint
- and 60° abduction

The metacarpophalangeal joint has
- 45° hyperextension
- 0° flexion
- 90° flexion

The proximal interphalangeal joint has
- 0° flexion
- 100° flexion

The distal interphalangeal joint has
- Hyperextension
- 10°
- 80° flexion

There is about 20° of abduction or adduction between each finger

Ulnar deviation is a common rheumatoid deformity occurring at the MCP joint

Others include Swan-neck deformity
and Boutonnière deformity
and 40° rotation

The SPINE has
- 30° extension
- 80° flexion
- Vertebra prominens (C7)
- Sacrum
- Measurement line drawn between the sacrum and vertebra prominens (C7)

Lateral curvature of the spine is called Scoliosis

The HIP has
- 110° flexion
- 30° extension

The KNEE has
- 0° (full extension)
- 135° flexion

Deformities pointing inwards (medially) are called VALGUS.
Deformities pointing outwards (laterally) are called VARUS

The GREAT TOE has
- 60° extension
- 0°
- 40° flexion

at the metatarsophalangeal joint

at the interphalangeal joint

There is 40° flexion and 40° extension at the MCP joint of the toes, 40° flexion at the PIP joint, and 50° flexion at the DIP joint

ABDUCTION

There is about 20° of abduction or adduction between each toe

Hallux valgus and lateral deviation of the toes, at the MTP joints are common in Rheumatoid Arthritis