

Name(s)_____ Date_____ Period_____

Range of Motion Lab (measure angle of flexion using a goniometer):

Ankle

[Dorsiflexion](#) =

[Plantar Flexion](#) =

[Inversion](#) =

[Eversion](#) =

Knee

[Flexion](#) =

[Extension](#) =

Hip

[Flexion](#) =

[Extension](#) =

[Adduction](#) =

[Abduction](#) =

Shoulder

[Flexion](#) =

[Extension](#) =

[Adduction](#) =

[Abduction](#) =

[Internal rotation](#) =

[External rotation](#) =

Elbow

Flexion =

Extension =

Forearm

Pronation =

Supination =

Wrist

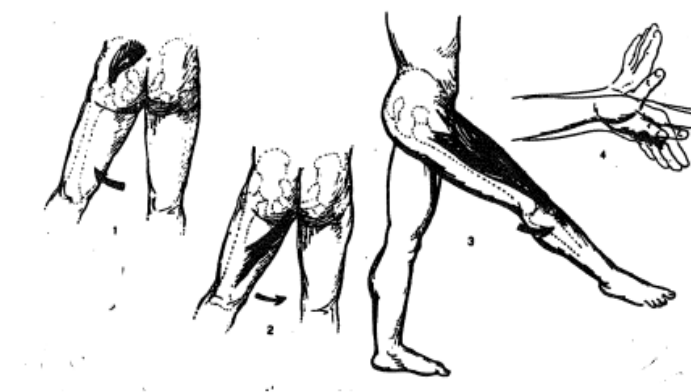
Flexion =

Extension =

Adduction =

Abduction =

Identify each of the types of movements shown below (pages 155 and 156 in the class book will be helpful):



1.

3.

2.

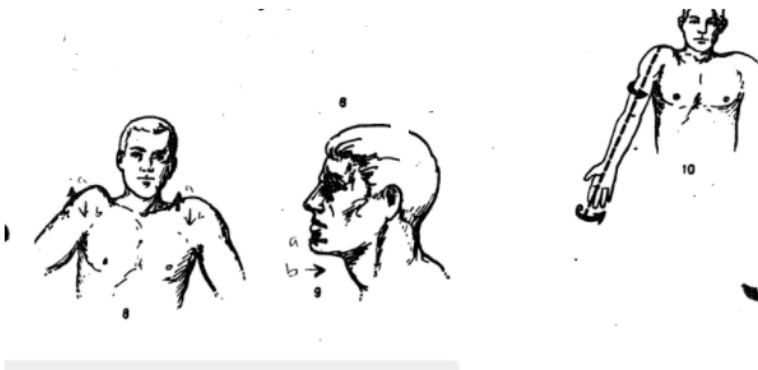
4.



5;

6.

7.



8.

9.

10.