

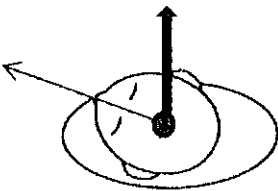
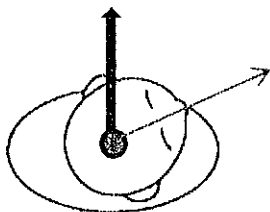



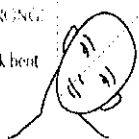
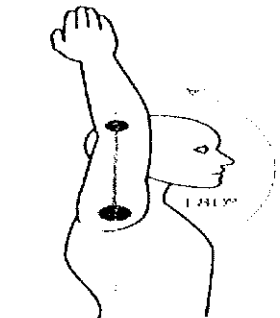
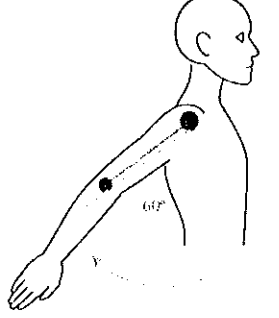
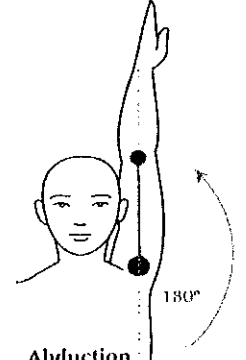
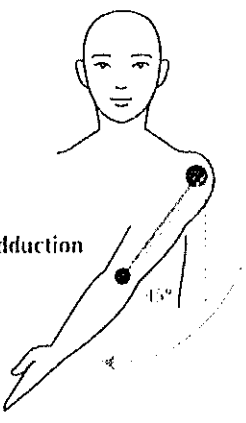
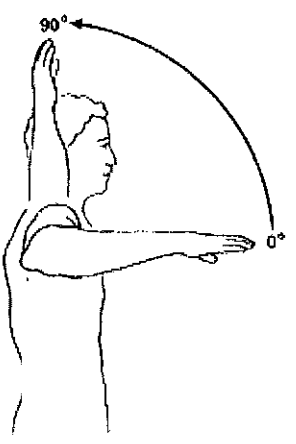
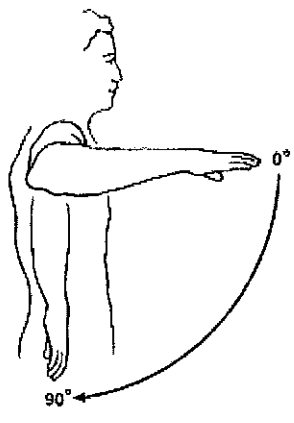


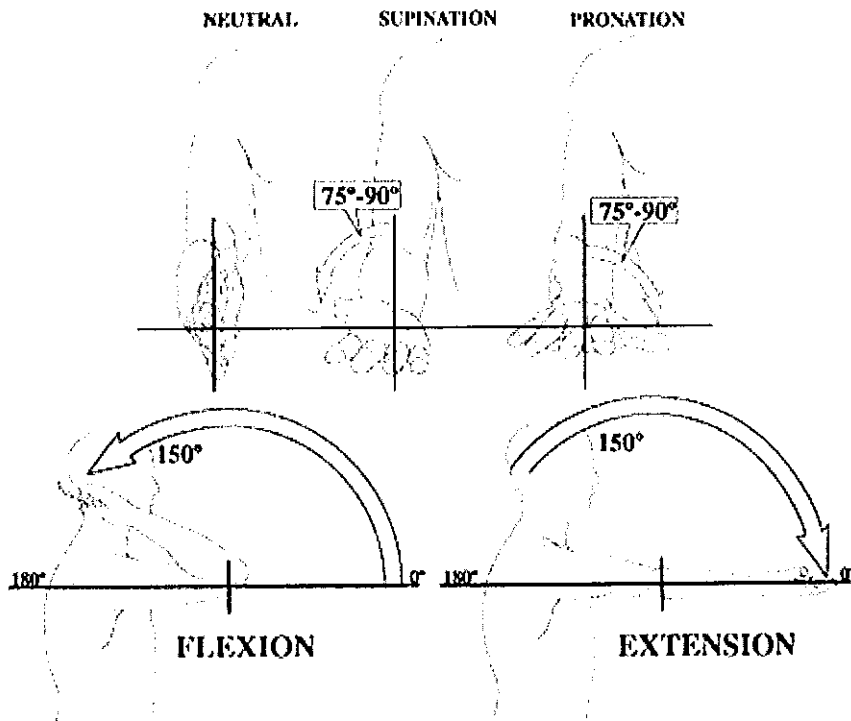
Cervical

<p>Flexion-[head forward]</p>  <p>Flexion</p>	<p>Extension-[head back]</p>  <p>Extension</p>	<p>Left Rotation- [rotate left]</p>  <p>Rotation</p>
<p>Right Rotation-[Rotate Right]</p> 	<p>Right Lateral-[Bend Right]</p> <p>Wrong</p>  <p>Correct</p> 	<p>Left Lateral-[Bend Left]</p> <p>35°</p> <p>The neck doesn't show a bend.</p>  <p>Lateral bending</p> <p>WRONG!</p> <p>Head too bent</p> <p>Neck bent</p>  <p>Head too far from vertical</p>

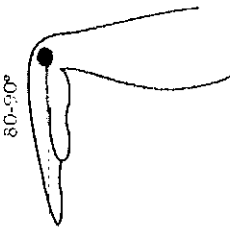
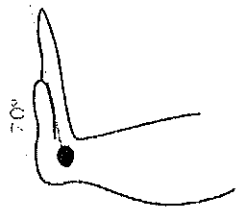
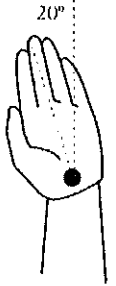

Shoulder

<p>Flexion-[arm straight up]</p>  <p>Vertical flexion</p>	<p>Extension-[arm straight back]</p>  <p>Vertical extension</p>	<p>Abduction-[raise arm sideways]</p>  <p>Abduction (Bringing up the arm sideways)</p>
<p>Adduction-[across chest]</p>  <p>Adduction</p>	<p>External Rotation-</p>  <p>90° 0°</p>	<p>Internal Rotation-</p>  <p>0° 90°</p>

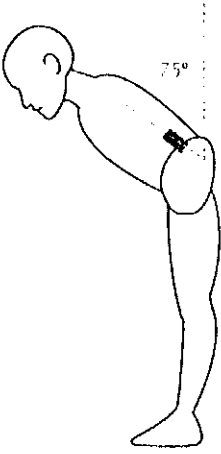
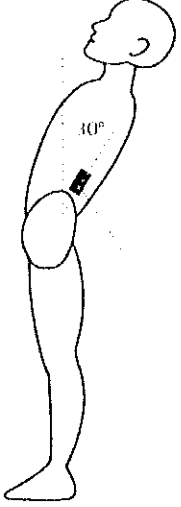
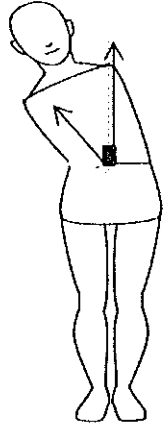
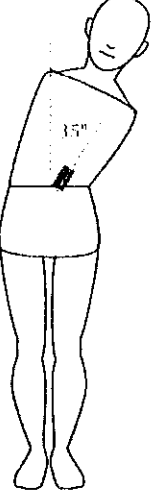
**ELBOW MOVEMENT AND  
NORMAL RANGE OF MOTION**



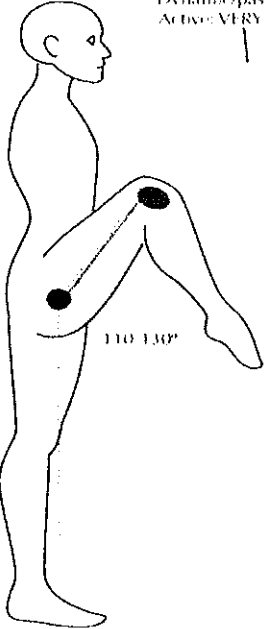
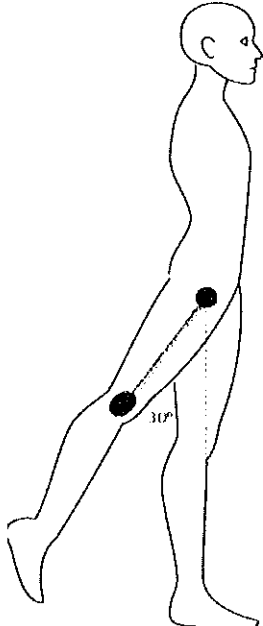
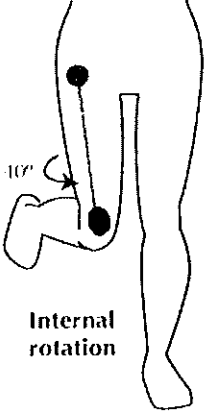
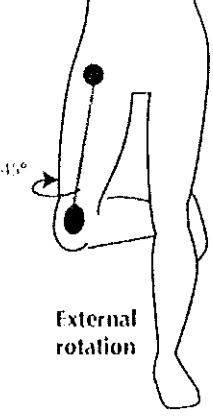
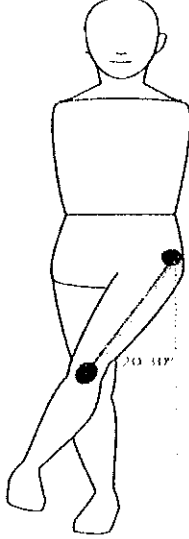
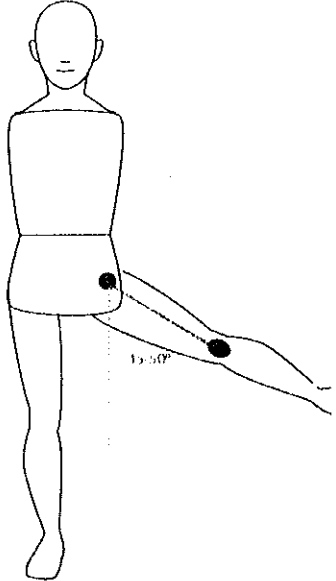
Wrist

<p>Flexion-[drop hand downward]</p>  <p>80-90°</p>	<p>Extension-[lift hand up]</p>  <p>70°</p>	<p>Radial Deviation-[palm up move wrist outward]</p>  <p>20°</p> <p>Radial deviation</p>
<p>Ulnar Deviation-[palm up move wrist inward]</p>  <p>30-50°</p> <p>Ulnar deviation</p>		

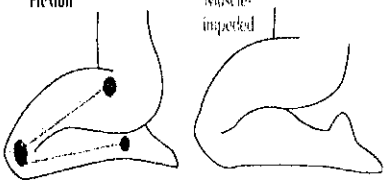
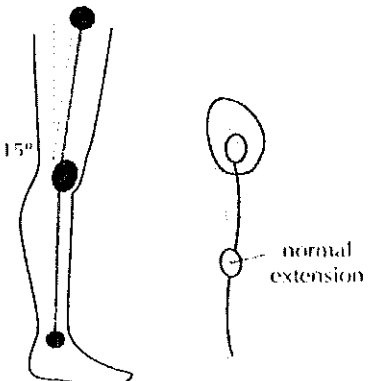
Lumbar

<p>Flexion-[L5 at hip side]</p>  <p>A line drawing of a human figure from the side, bent forward at the hips. A vertical dashed line represents the upright position. An arc between this line and the spine is labeled 75°. A black rectangle is placed on the lower back, with a small circle below it. The word "Flexion" is written below the figure.</p> <p>Flexion</p>	<p>Extension-[L5 at hip side]</p>  <p>A line drawing of a human figure from the side, bent backward at the hips. A vertical dashed line represents the upright position. An arc between this line and the spine is labeled 30°. A black rectangle is placed on the lower back, with a small circle below it. The word "Extension" is written below the figure.</p> <p>Extension</p>	<p>Right Lateral-[follow spine]</p>  <p>A line drawing of a human figure from the front, bent to the right. A vertical dashed line represents the upright position. An arrow points from the spine to the right, and another arrow points from the hip to the right. A black rectangle is placed on the lower back, with a small circle below it.</p>
<p>Left Lateral-[Follow Spine]</p>  <p>A line drawing of a human figure from the front, bent to the left. A vertical dashed line represents the upright position. An arrow points from the spine to the left, and another arrow points from the hip to the left. A black rectangle is placed on the lower back, with a small circle below it. The words "Lateral bending" are written below the figure.</p> <p>Lateral bending</p>		

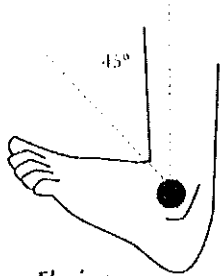
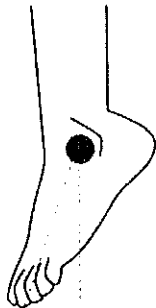
# Hip

<p><b>Flexion-[Knee up]</b></p> <p><b>Flexion</b></p> <p>Dynamic / passive: Active: VERY diffc.</p>  <p>110-130°</p>	<p><b>Extension-</b></p> <p><b>Extension</b></p>  <p>30°</p>	<p><b>Internal Rotation-[knee inward]</b></p>  <p>10°</p> <p><b>Internal rotation</b></p>
<p><b>External Rotation-[knee outward]</b></p>  <p>45°</p> <p><b>External rotation</b></p>	<p><b>Abduction-[towards body]</b></p>  <p>20-30°</p>	<p><b>Adduction-[away from body]</b></p>  <p>15-20°</p>

Knee

Flexion-[sit up]	Extension-[stand up]	]
<p>Flexion</p>  <p>Muscle-impeded</p>	<p>Extension</p>  <p>15°</p> <p>Misleading silhouette</p> <p>normal extension</p>	

Ankle

<p>Dorsi Flexion-[lift foot]</p>  <p>Flexion</p> <p>The diagram shows a side view of a foot with the heel on the ground. A vertical dashed line represents the neutral position. A solid line shows the foot tilted upwards at a 45-degree angle, labeled '45°'. The word 'Flexion' is written below the diagram.</p>	<p>Plantar Flexion-[tilt foot downward]</p>  <p>Extension</p> <p>The diagram shows a side view of a foot with the heel on the ground. A vertical dashed line represents the neutral position. A solid line shows the foot tilted downwards. The word 'Extension' is written below the diagram.</p>	