

Range of Motions

Neck / Spine

- *Flexion*
- *Extension*
- *Lateral Flexion*
- *Rotation*

Shoulder

- *Flexion*
- *Extension*
- *Medial Rotation*
- *Lateral Rotation*
- *Abduction*
- *Adduction*
- *Horizontal Abduction*
- *Horizontal Adduction*

Elbow

- *Flexion*
- *Extension*

Wrist

- *Flexion*
- *Extension*
- *Ulnar Deviation*
- *Radial Deviation*

Hip

- *Flexion*
- *Extension*
- *Medial Rotation*
- *Lateral Rotation*
- *Abduction*
- *Adduction*

Knee

- *Flexion*
- *Extension*

Ankle

- *Dorsi Flexion*
- *Plantar Flexion*
- *Inversion*
- *Eversion*