Range of Motion

Range of motion is a measurement of movement around a joint, the range of flexion, extension, abduction, adduction, rotation.

Anatomical ROM - The area through which a joint may normally be freely and painlessly moved. It is the accepted normal RoM for that joint. Symmetrical on both limbs/ side of the body.

Pathological ROM - The range permitted with the presence of injury. Asymmetrical and pain occurs to limit potential movement at the joint

Range of Motion

Range of motion can be tested in several ways:

- **Passive -** therapist performs the movement
- **Active -** the client performs the movement
- **Resisted -** the client performs the movement and the therapist resists

These can be used to assess which structures are causing the pain/ limited ROM.

Range of Motion

Range of motion used to identify pain

- **Active** - the client performs the movement so the therapist can isolate which **range** is painful.

- **Passive** - therapist performs the movement so any pain is due to movement at the **joint** not muscular contraction.

- **Resisted** - the client performs the movement and the therapist resists so there is no movement at the joint so pain is caused by **muscular** contraction.

The Range of Movements

Muscles are tested:

- Upper Trapezius
- Levator Scapulae
- Scalenes / SCM
- Pectorals/ Latissimus Darsi
- Infra-spinatus/ Sub scapularis
- QL
- Adductors
- Hamstrings
- Rectus Femoris / Hip Flexors
- Gastrocnemius / Soleus
- TFL

MET

- Upper Trapezius
- Levator Scapulae
- Scalenes / SCM
- Pectorals/ Latissimus Dorsi
- lnfra-spinatus/ Supra-spinatus
- QL
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- Hamstrings
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