

Common Range of Motion Testing Positions

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This document shows some of the most common Range of Motion testing positions you'll use with your patients during your Telehealth sessions. You can share this document with your patients to provide them with a visual reference make sure they perform the movement correctly.





To give them an even better view, you can also share videos of these techniques using the MedBridge Home Exercise Program. Simply search for the name of the exercise in the MedBridge HEP builder, add it to a program, and assign it to your patient.

Search for the bolded key words to find the following exercises in the MedBridge HEP Library.

Lumbar Spine

Flexion Forward Fold with Feet Together and Bent Legs	Extension Standing Lumbar Extension	Sidebend Standing Sidebends	Rotation Standing Lumbar Rotation Stretch
			





Cervical Spine

Flexion Seated Cervical Flexion AROM	Extension Seated Cervical Extension AROM	Sidebend Seated Cervical Sidebending AROM	Rotation Neck Rotation
			



Shoulder

Shoulder Flexion Supine Shoulder Flexion Extension Full Range AROM	Shoulder Extension Shoulder Extension Palms Back	Shoulder Internal Rotation Shoulder Extension Palms Back	Shoulder External Rotation Standing Single Shoulder External Rotation in Abduction AROM
			



Elbow

Shoulder Internal Rotation Supine Shoulder Internal Rotation	Shoulder Abduction Standing Shoulder Abduction Full Range	Elbow Flexion/Extension Standing Elbow Flexion Extension AROM	
			





Forearm

Pronation/Supination Seated Forearm Pronation and Supination AROM	
	

Wrist

Wrist Flexion Wrist Flexion AROM	Wrist Extension Wrist Flexion Extension AROM with Fingers Curled and Palm Down
	

Hip

<p>Hip Extension Standing Hip Extension with Counter Support</p>	<p>Hip External Rotation Prone Hip External Rotation AROM</p>	<p>Hip Internal Rotation Prone Hip Internal Rotation AROM</p>	<p>Hip Flexion Supine Single Knee to Chest Stretch</p>
			

Knee

Ankle

<p>Knee Flexion/Extension Seated Knee Flexion Extension AROM</p>		<p>Ankle Plantarflexion/Dorsiflexion Supine Ankle Pumps</p>	
