

# **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**



# **Cervical Spine**



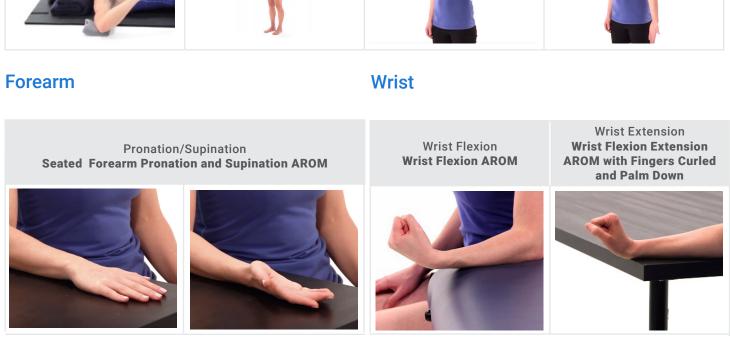


#### **Shoulder**



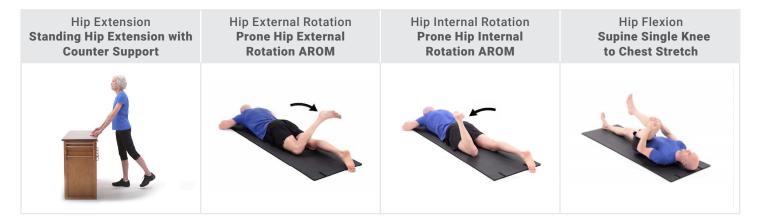
**Elbow** 







# Hip



Knee Ankle

