

ROM QUICK GUIDE

PHYSICAL THERAPY CHEAT SHEET



Cervical Spine (Neck)

- Flexion 0–45°
- Extension 0–45°
- Lateral Flexion (Sidebend) 0–45°
- Rotation 0–60°



Shoulder

- Flexion 0–180°
- Extension 0–30°
- Abduction 0–180°
- Adduction 0–30°
- External Rotation 0–90°
- Internal Rotation 0–70°



Elbow & Forearm

- Flexion 0–150°
- Extension 0–70°
- Extension 0°
- Radial Deviation 0–20°
- Supination 0–80° to 90°
- Ulnar Deviation 0–30°



Wrist

- Flexion 0–80°
- Extension 0–130° (0–10° (hyperextension))
- Extension 0–70°



Knee

- Flexion 0–135°
- Dorsiflexion 0–20°



Ankle & Foot

- Dorsiflexion 0–20°
- Plantarflexion 0–50°
- Inversion 0–35°
- Eversion 0–15°