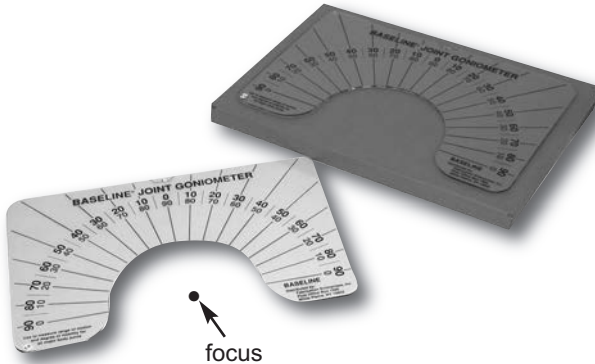


BASILINE® EVALUATION INSTRUMENTS

LARGE JOINT GONIOMETER (ARTHRODIAL)



The Large Joint Goniometer is used to measure joint limitation in both active and passive movement. Place the focus of the goniometer at the pivot point of the joint to be measured. Have the patient flex, extend, abduct, or rotate, and read the degree measurement as you would read a protractor. Calculate the range of motion by noting the change in degrees from the starting position to the flexed position.

Joint Limitation Norms*

(measurement in degrees)

	Flexion	Extension	Abduction
Shoulder	180	0	180
Elbow	145	0	--
Knee	140	0	--
Hip	125	0	45

*established by AAOS

Joint Limitation Norms*

(measurement in degrees - minimum norms correlate to 180° scale, to be used with comparative bilateral joint movement)

	Left	Right	Total (bilateral)
Cervical Rotation	60	60	120
Cervical Lateral Bend	30	30	60
Cervical A.P. Flexion	--	--	110
Spiral Lateral Flexibility	40	40	80

**not fully established

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Fabrication Enterprises, Inc.

PO Box 1500, White Plains, NY 10602 USA

tel: 800-431-2830 914-345-9300

fax: 800-634-5370 914-345-9800

info@FabricationEnterprises.com

Authorized CE Representative:
RMS UK ltd.
28 Trinity Road
Nailsea, Somerset BS48 4NU
United Kingdom



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wrist dynamometer



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