

Measuring Shoulder Abduction (and Adduction)



START

Patient seated, arm comfortably at their side.

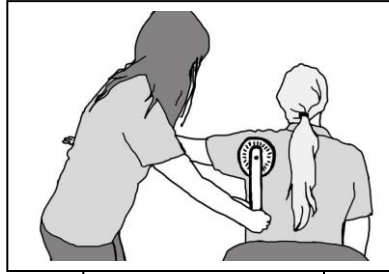
Goniometer axis over anterior or posterior aspect of glenohumeral joint.

Stationary arm parallel to the spine.

Movable arm parallel to longitudinal axis of humerus.

Measure starting position.

If patient can position humerus to the side of the trunk, record zero degrees as starting point – this also indicates that full adduction has been demonstrated.



MIDDLE

Ask patient to move arm to the side with palm down.

When arm is parallel with floor, ask patient to turn palm up, and continue motion as far as you can go.



END

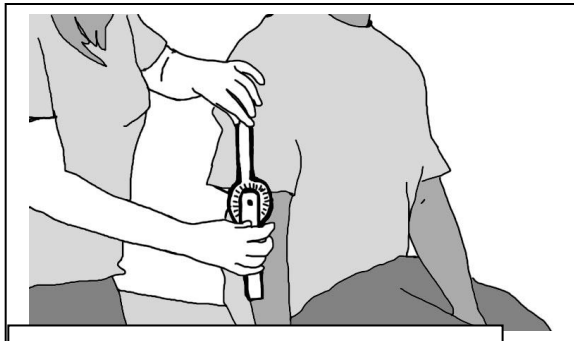
Goniometer axis over joint axis – the goniometer axis will need repositioning as the axis of the joint has moved.

Stationary arm parallel to trunk.

Movable arm parallel to longitudinal axis of humerus.

Measure ending position.

Measuring Elbow Flexion (and Extension)



START

Patient seated, arm in line with trunk.

Goniometer axis over lateral epicondyle of humerus.

Stationary arm parallel to longitudinal axis of the humerus.

Movable arm parallel to longitudinal axis of the radius.

Measure starting position.

If full extension is demonstrated, this will be recorded as zero degrees – which indicates full extension.

Ask patient to bend elbow, moving hand toward shoulder as far as possible.



END

Goniometer axis over lateral epicondyle of humerus.

Stationary arm parallel to longitudinal axis of the humerus.

Movable arm parallel to longitudinal axis of the radius.

Measure ending position.