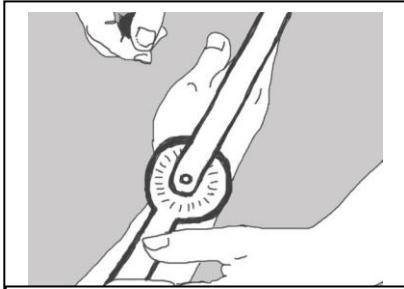


Measuring Wrist Flexion



START

Patient seated, forearm in neutral position, resting on a table.

Goniometer axis just distal to the radial styloid process.

Stationary arm parallel to long bones of the forearm.

Movable arm parallel to 2nd metacarpal.

Measure starting position.

Ask patient to move hand toward the body, as far as possible.



END

Goniometer axis just distal to the radial styloid process.

Stationary arm parallel to long bones of the forearm.

Movable arm parallel to 2nd metacarpal.

Measure ending position.

Measuring Wrist Extension



START

Patient seated, forearm in neutral position, resting on a table.

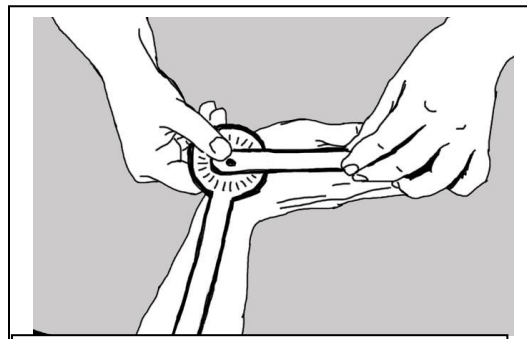
Goniometer axis just distal to the radial styloid process.

Stationary arm parallel to long bones of the forearm.

Movable arm parallel to 2nd metacarpal.

Measure starting position.

Ask patient to move hand away from the body, as far as possible.



END

Goniometer axis just distal to the radial styloid process.

Stationary arm parallel to long bones of the forearm.

Movable arm parallel to 2nd metacarpal.

Measure ending position.