Acumar™ DIGITAL INCLINOMETER User's Manual Version 5.0



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ACUMAR By



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Inclinometers are instruments used to measure the angle of a subject with respect to a level or gravity. In medical or clinical applications, the inclinometer determines a person's range of motion. Typically, range of motion is referenced from the body's natural position. The flexion angle or extension angle of the body segment or joint under evaluation is then measured in degrees.

Several different types of manual inclinometers exist on the market. The water-filled "Bubble" Inclinometer and the water-filled "Pendulum" Inclinometer are widely used. These inclinometers usually offer a two-degree marking for readings. Digital inclinometers typically display angle in one-degree increments for ease of reading.

The Acumar Digital Inclinometer is the first digital inclinometer to provide easy-to-use, wireless data that can be logged into any PC. A built-in microprocessor automatically calculates and displays the actual range of motion of the joints. These special features of the Acumar Inclinometer assist evaluators to offer more objective range of motion measurements.

The sole purpose of this User's Manual is to describe the use of the Acumar Digital Inclinometer and/or its accessories and is not intended to describe medical procedures or standards. The user is advised to refer and follow specific procedures such as the AMA Guides* to the Evaluation of Permanent Impairment or any applicable state or local guidelines of procedures.

Background

The Acumar Digital Inclinometer was developed in response to many physicians and clinicians who expressed a need to have a modernized easy-to-use instrument to help document data in an objective manner.

Acumar Technology recognizes and is grateful for the numerous physicians, clinicians and others who willingly participated in guiding the development.

Acumar Technology is committed to continuing to serve the needs of the evaluation community and welcomes any input from the user in the field of evaluation and outcome assessment.

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^{*} AMA Guides to the Evaluation of Permanent Impairment 4th & 5th editions

- 1. **START** Starts reading, Power **ON/OFF**
- 2. **HOLD** Hold and store reading. The six most recent values are stored for review and comparison.
- 3. **VIEW** Stored data may be recalled and viewed up to the last six held data entries. Also displayed are the high, low, and average values; to assist in consistent and valid testing.

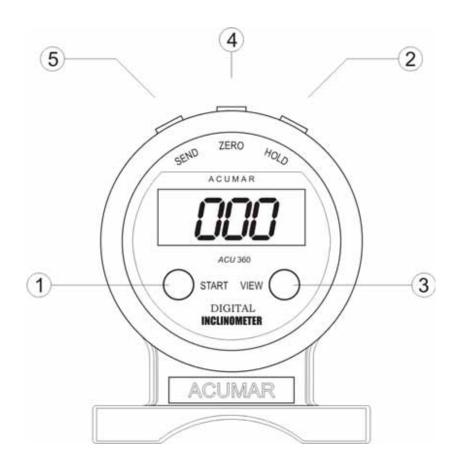


Figure 1: Main Unit

- 4. **ZERO** This will establish a relative 'zero' in any position. Angles will be read from the new reference position.
- 5. **SEND** Transmits **IR** data to optional data receiver for documentation and graphing, compatible with **WORD** and **EXCEL**.

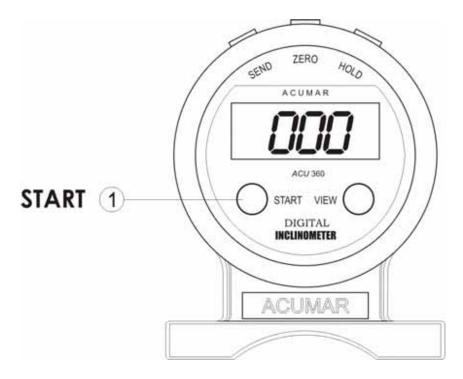


Figure 2: Main Unit

- 1. Turn power on by pressing the **START** button located in the lower left of the unit.
- 2. To test range of motion, do the following:
 - a.) First, establish a point of reference by placing the inclinometer on the arm or hand and read the angle while the body rests in a natural position.
 - b.) Then move the body segment under evaluation to see the angle reading change.
 - c.) The range of motion is displayed on the LCD in degrees.
- 3. Turn the unit off by pressing the **START** button again. (The unit will turn off automatically after three minutes if there is no further activity.)

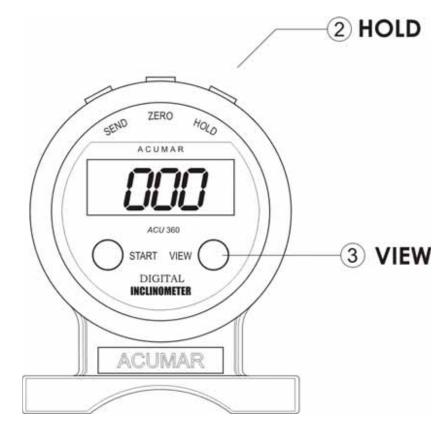


Figure 3: Main Unit

Sample Exercise:

- 1. Place the inclinometer on your hand in the natural, neutral position.
- 2. Flex your hand. When maximum flex has been reached, press the **HOLD** button on the top right side of the inclinometer. Repeat 1 and 2 to store up to six measurement readings.
- 3. After several readings have been stored, they may be displayed one-at-a-time with repeated pressing of the **VIEW** button. Readings will be viewed in sequential order of the last six readings. You will also see the highest reading, indicated by "H" followed by its value, the lowest reading, indicated by "L", and the average value, indicated by "A".







Prepare the Inclinometer:

- 1. Press the **START** button on the Main Unit.
- 2. Ask individual to place head in neutral position.
- 3. Place the Main Unit over the calvarium.

Take Measurements:

- 1. Ask individual to bend their head to the left.
- 2. When individual reaches maximum range of motion, press the **HOLD** button to store the maximum left cervical lateral bending angle.
- 3. Ask individual to return to the neutral position.
- 4. Repeat measurement steps one through three 3 to 6 times to achieve validity criteria* of ±5° or 10%.
- 5. Follow steps one through four for right cervical lateral bending.

View Data:

- 1. To recall stored data, press the **VIEW** button to activate View Mode.
- 2. Pressing the **VIEW** button repeatedly will display the stored readings, as well as the "H" (high), "L" (low) and "A" (average) values.

^{*} Refer to AMA Guides to the Evaluation of Permanent Impairment

1. **VIEW** (momentary press):

Subsequent presses display previously stored data, up to last six stored values.
 Also the high and low absolute stored angles are displayed, followed by the average angular value.

2. **ZERO** (momentary press):

- Will mark the new reference point as "zero."
- All subsequent readings are referenced to the marked zero point until the **START** button is pressed to clear the memory setting.

When **ZERO** is pressed and held for three seconds:

• The "zero" reference is set to the nearest 90° axis - for plumb measurements.

3. **HOLD** (momentary press):

- Stores the current reading.
- Up to six data readings. If you press more than six times, only the last six readings will be stored.
- AMA Guides suggest a minimum of three data and maximum of 6 data readings.

4. **SEND** (momentary press):

- Sends stored data.
- If no data has been stored, it will tab to the next data field.

- Q. How long can readings be stored?
- A. Indefinitely, until the **START** button is pressed. The unit will automatically shut off power after 3 minutes of inactivity. However, the last set of data will still be in memory. Data remains even if the LCD display is off and the internal computer is in sleep mode. To wake up the memory and resume all functions, simply press **VIEW**. If you want to start a new series of measurements, press **START**. This will clear all data and settings so that the inclinometer is ready for a new set of tests.
- Q. Can you set zero at any angle as a new zero reference?
- A. Yes. By pressing the **ZERO** button at any angle, the inclinometer will establish a new reference angle for subsequent readings.
- Q. Can you rotate the axis of reading?
- A. Yes. Normally the inclinometer reads zero degrees when the base is placed on a horizontal level. If you want the base of the inclinometer as a vertical line to read zero, rotate the inclinometer base approximately 90° (plus or minus 30°), then press the **ZERO** button down and hold for three seconds. The inclinometer automatically seeks for a new gravity axis. From there on, any reading will be taken with reference to the new rotated axis.



Press and hold for five seconds to seek and rotate to a new gravity axis

Figure 4: Rotating axis of reading

Preliminary Specifications

Range: 360° (reads 0 to $\pm 185^{\circ}$).

Resolution: 1°

Memory: Holds up to 6 readings

LCD Display: Reads in degrees

Auto Shut Off: After 3 minutes, unit enters a 'sleep' state to save battery life.

Battery: 6V Alkaline (½ AA) (Radio Shack 23-469, Kodak K28A, Energizer A544,

Duracell PX28A, Panasonic 4LR44)

Or, for additional battery life:

6V Lithium (½ AA) (Kodak K28L, Energizer L544, Duracell PX28L)

NOTE: The companion unit does not need a battery.

Size: 3.3w; 4h; 0.8d (inches)

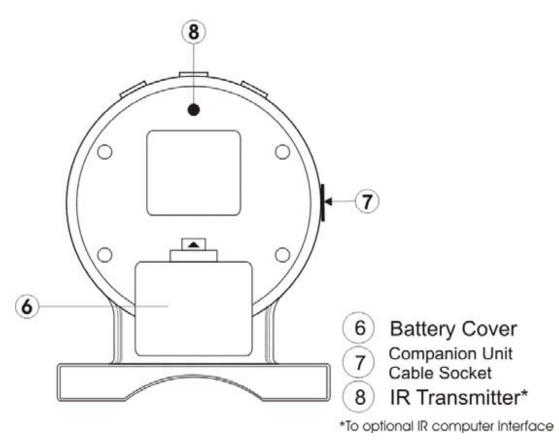


Figure 5: Main Unit Back View

Dual Inclinometer



Dual Inclinometers

Dual Inclinometer Basic Operations

The Dual Inclinometer consists of Main and Companion units. When connected together, it reads both the Main (A) and Companion (C) angle and automatically computes and displays the Joint angle (A-C). When the **COMPANION** button is pressed the display only shows the angle of the Companion unit. When the **MAIN UNIT** button is pressed the display only shows the angle of the Main unit. The **VIEW** button steps through Main (A), Companion (C), and Joint (J = A-C). The **MAIN UNIT** and **COMPANION** buttons will move directly to the appropriate value within the reading when pressed while in **VIEW** mode.

Storing data:

- 1. Press the **START** button to begin new measurements.
- 2. Press the **HOLD** button to capture all three angles simultaneously: A, C, and J (A-C).
- 3. Up to six readings can be stored.

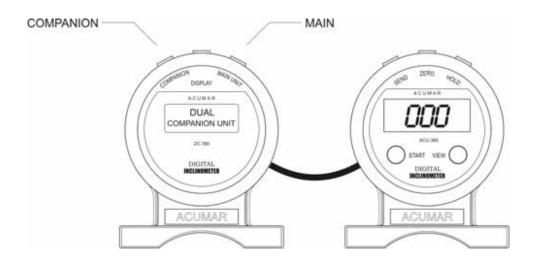


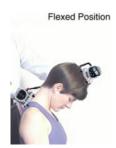
Figure 6: Companion Unit and Main Unit with Connecting Cable

Sample Exercise:

- 1. Place both units on a flat surface and observe that the reading is zero. Incline the units in opposite directions and notice that the display shows A-C = the angle between them. (Note: use the **ZERO** button to a relative zero at any starting angle, as desired.)
- 2. Now press and hold the **COMPANION** button. Notice that the display only responds to the movement of the companion unit.
- 3. Press and hold **MAIN UNIT** button to display the angle of the main unit. Notice that the display only responds to the movement of the main unit.







Take Measurements:

- 1. Place the Main Unit over the calvarium and the Companion Unit over the skin covering the T1 spinous process. Then press the **START** button on the Main Unit.
- 2. When individual is in the neutral position, press **ZERO**.
- To measure cervical flexion ask individual to flex head forward completely and press the HOLD button to store the maximum flexion angle (Main angle minus Companion Angle).
- 4. Ask individual to return to the neutral position and repeat measurements two to five times to achieve validity criteria* of $\pm 5^{\circ}$ or 10%.

For cervical extension measurements, the above instructions may be repeated starting with the neutral position and asking the individual to extend the head backward instead.

View Data:

- 1. To view stored data, press the **VIEW** button to activate View Mode.
- 2. Pressing the **VIEW** button repeatedly will display stored readings (main, companion, and joint), maximum, minimum, and average values.

^{*} Refer to AMA Guides to the Evaluation of Permanent Impairment, 4th & 5th editions

This manual is designed solely to illustrate the use of the Acumar Digital Inclinometer and/or its accessories, and is not intended nor implied to describe medical examination procedures. Selecting methods of examination and interpreting measured results are the responsibility of practitioners.

Acumar will not warrant that any procedures described herein meet any current or past medical examination guides or procedures required by state or any local governments or other organizations. Acumar expressly disclaims all liability arising from use of this manual. Acumar Digital Inclinometer or related product(s) as stated in the warranty in the latter part of this user's manual.

The use of Acumar Digital Inclinometers to take objective measurements combined with AcumarTM excel templates or any other forms can produce patient files. Like any other patient data, if protection of the privacy of patient files is required, it is the sole responsibility of the provider and of the practitioner. Acumar disclaims all liability for any and all claims.

AcumarTM does not express or imply that the any reference values that may appear on any forms are accurate, relevant, or clinically significant and hereby disclaims all liability for their clinical use herein. Medical judgment should be the ultimate faculty of the practitioner.

One Year Limited Warranty

Digital Inclinometer, Accessories "product(s)"

If, within one year from the date of original purchase, the Acumar Technology's Digital Inclinometer fails to function because of defects in materials or workmanship, the manufacturer will, at its option, either repair or replace such product(s).

To be eligible for warranty service on your product(s), the registration card must be returned within 60 days of initial purchase. To obtain warranty service, contact your dealer for return address. Deliver the product (postpaid) to the location specified by your dealer. Purchaser must include the dated sales receipt (as proof of purchase), and a brief explanation describing why the product is inoperable or how it was damaged.

This warranty does not cover damage resulting from accident, misuse or abuse, water, extreme temperatures, tampering, attachment of unauthorized accessories, servicing performed or attempted by unauthorized agencies, product(s) that have been modified in any fashion, product(s) that have not been maintained in accordance with the instructions in the manual, or any other conditions whatsoever that are beyond the control of the manufacturer.

This product(s) are intended to be used by professional practitioners who are knowledgeable in examination procedures and applicability of test method and proper use. The manufacturer is not responsible for the interpretation of results and use of the information gathered by this product(s). Interpretation of the results are the sole responsibility of the user. In no event will the manufacturer be liable for damages, incidental or consequential, domestic or international, rising from the purchase and use or inability to use the product(s) even if the manufacturer has been advised of the possibility of such damages.

Except as provided herein, the manufacturer makes no warranties, express or implied, including without limitation the implied warranties without limitation of merchantability and fitness for a particular purpose, loss of business, business interruption, loss of business information or other indirect or consequential loss arising out of the use or inability to use or supply or non-supply of the product(s). All warranties for the product(s), expressed or implied, are limited to the warranty period set forth above.

If the product(s) do not perform as warranted herein, the original purchaser's sole remedy will be the repair or replacement of the product(s) as provided above. This warranty gives you specific legal rights. You may also have other rights, which vary from state to state. Because of individual state regulations, some of the above limitations and exclusions may not apply to you.

Appendix A

Acumar Ruler Attachment



Optional Accessory Ruler Attachment

The Digital Inclinometer may be attached to the ruler. Use for orthopedic, podiatric, chiropractic, x-ray film evaluations.

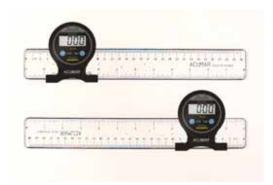
Horizontal

Installation

- 1. Remove the battery cover of the Main unit. Replace it with the accessory adaptor cover that comes with the Ruler attachment. Store the old battery cover.
- 2. The Ruler attachment is snapped onto the Main unit in the Horizontal position. It is held by the magnet, and positioned by plastic index pins which fit snuggly into the lower 2 screw holes on the back of the main unit. (See picture)
- 3. Make certain the latch on the battery cover is snapped securely in place. Check that the Main unit is flat against the ruler. It is held by a magnet to the ruler.

Hint: It may be easier to insert the index pins into the lower screw holes first, and then let the magnet swing the ruler snug with the lower index pins against the top to the Main unit feet.

Left or Right Side Ruler Mounting



The ruler may be mounted either direction on the accessory attachment pattern for your convenience.

Right and Left Side Ruler

The Ruler may be attached either on the Right Side or Left Side by rotating the ruler 180° as shown in the illustration. This may be useful for taking readings on the opposite side of the body.

Vertical Ruler Orientation



The measurement axis may be rotated 90°, electronically, to read angles with respect to the vertical gravity axis.

The measurement axis may be rotated 90°, to read vertical as zero degrees by holding the Ruler close to vertical and pressing **ZERO** for about 5 seconds until the readout switches to the vertical angle, for example, **-70° goes to 20°**. Note: the Main unit remains mounted to the Ruler, the measurement axis is shifted electronically. In order to switch back to horizontal as gravity reference, press **START** twice to turn the unit off and back on.

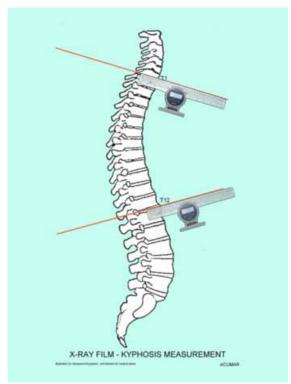
How to use ruler attachment for Extremity Measurements

The ruler attachment may be used to assist in measurements of the upper and lower extremities. It can be used as a place to hold the inclinometer and for alignment. The Inclinometer inherently reads angles with respect to gravity, so Inclinometer need to be set to initial Zero angle the neutral position. The Inclinometer may be zeroed by pressing the ZERO button while the subject is in the neutral position

X-Ray Film reading

Place the X-Ray film on the lighted box mounted on the wall. Place the ruler in line of reference position and then press **ZERO** to initialize reference angle.

Then move the ruler to the second angle to be read and press **HOLD**. The difference angle will be stored and can be viewed by pressing **VIEW**.



Male Kyphosis Versus Age

Place the X Ray film on the wall mounted light box.

Place the ruler in line of reference position and then press **ZERO** to initialize reference angle to zero.

Then move the ruler to the second angle to be read and press **HOLD**.

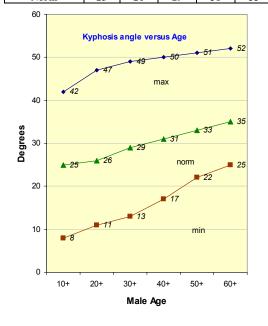
The difference angle will be stored and can be viewed by pressing **VIEW**.

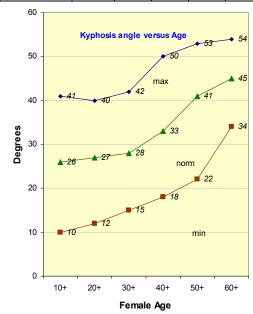
Disclaimers: This example is not medical advice, but only for illustrating the intended use of the ruler.

Female Kyphosis Angle Versus Age

Age	10+	20+	30+	40+	50+	60+
Max	42	47	49	50	51	52
Min	8	11	13	17	22	25
Norm	25	26	29	31	33	35

Age	10+	20+	30+	40+	50+	60+
Max	41	40	42	50	53	54
Min	10	12	15	18	22	34
Norm	26	27	28	33	41	45







extended wrist

Wrist

Place arm on a flat surface such as table. Wrist at the neutral position place inclinometer on top side of the wrist, then press **ZERO** to mark starting reference position.

Ask individual to extend wrist maximally then press **HOLD** to record reading.

Likewise, Flex of the wrist may be measured. (Inclinometer adjustable legs may be removed)



neutral position

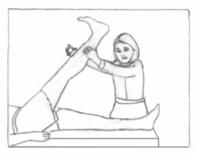
extended position

Upper Extremity Arm

Ruler attachment may be used to assist measurements of Upper or lower extremity. The ruler may be placed on the side of moving part of joints.



mutual position



leg straight up position

Lower Extremity

Place inclinometer upper portion of the leg (or side of leg if the ruler attachment is used) At the neutral position press **ZERO**.

Straight leg raised position press **HOLD** to store the angle.

This measurements may be used for a validity check for extension/flexion of the lumber spine.

Appendix B

Acumar Sample Data Recording Forms

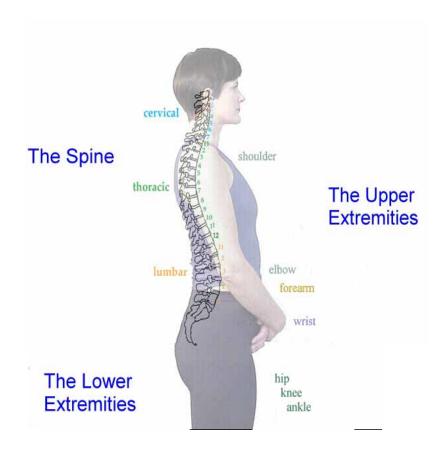
The following seven pages of forms are included for your convenience. They cover spinal, upper extremity, and lower extremity range of motion measurements.

These forms may be copied for the purpose of taking measurements using Acumar Technology Digital Inclinometers, all other rights are reserved.

Acumar™ Range of Motion:

Name:

Session Info. ID.	Examined By:
Comments:	Examined by.



Acumar™ Range of Motion: The Spine

Session Info.	
Name:	
ID:	
Date:	Examined B
Comments:	

Cervical Range	of Motion								
Section	Description	Test					Max.	Ave.	Var.
1 Cervical	Calvarium flexion angle								
Flexion	T1 angle								
	Cervical flexion ROM								
2 Cervical	Calvarium extension angle								
Extension	T1 angle								
	Cervical extension ROM								
3 Cervical									
Sagittal									
Ankylosis	Flex. / exten. ankylosis (SINGLE)								
4 Cervical Left	Calvarium left lateral flexion angle								
Lateral Bending									
	Cervical left lateral flexion ROM								
			1	1		1		•	
	5 Cervical Right Calvarium right lateral flexion angle								
Lateral Bending									
	Cervical right lateral flexion ROM								
6 Cervical Lateral									
Ankylosis			i						
	Lateral flexion ankylosis (SINGLE)								
70 : 11 %		1						ı	ı
7 Cervical Left Rotation									
Rotation	0 : 11 %				1	I			
	Cervical left rotation ROM (SINGLE)	<u> </u>							<u> </u>
0 Caminal Dight		1							
8 Cervical Right Rotation									
Rotation	Complete materials DOM (CINCLE)						ł		
	Cervical right rotation ROM (SINGLE)								
9 Cervical		1							
Rotational									
Ankylosis	Rotation ankylosis (SINGLE)								
7 tillty10010	ROLATION ANKYLOSIS (SINGLE)								

	e of Motion							
Section	Description	Test				Max.	Ave.	Var.
1 Thoracic	T1 angle							
Extension	T12 angle							
Ankylosis	Kyphosis in Thoracic extension							
2 Thoracic	T1 flexion angle							
Flexion	T12 angle							
	Thoracic flexion ROM							
3 Thoracic Left	T1 left rotation angle		1			Ī	I	_
Rotation	T12 angle							
Rotation	Thoracic left rotation ROM							
	Thoracic left rotation ROW							
4 Thoracic Right	T1 right rotation angle							т —
Rotation	T12 angle					-		
	Thoracic right rotation ROM							
	Thoracio right rotation from							
5 Thoracic								
Rotation								
Ankylosis	Rotation ankylosis (SINGLE)							
umbar Range	of Motion							
Section	Description	Test				Max.	Ave.	Var.
1 Lumbar Flexion	T12 flexion angle							
	Sacral angle					1		
	Lumbar flexion ROM							
2 Lumbar	T12 extension angle							
Extension	Sacral angle							
	Lumbar extension ROM							
3 Lumbar Left		1					1	1
Straight Leg								
Raising	Left SLR angle (SINGLE)							
raising								
•	Left OLK ungle (OHOLL)							
-	Lett of the angle (ontoff)			<u> </u>		1	I	1
4 Lumbar Right	Edit of Aurigin (Ontolly)							
4 Lumbar Right Straight Leg								
4 Lumbar Right	Right SLR angle (SINGLE)							
4 Lumbar Right Straight Leg Raising	Right SLR angle (SINGLE)							
4 Lumbar Right Straight Leg Raising 5 Lumbar Left	Right SLR angle (SINGLE) T12 left lateral flexion angle							<u> </u>
4 Lumbar Right Straight Leg Raising	Right SLR angle (SINGLE) T12 left lateral flexion angle Sacral angle							
4 Lumbar Right Straight Leg Raising 5 Lumbar Left	Right SLR angle (SINGLE) T12 left lateral flexion angle							
4 Lumbar Right Straight Leg Raising 5 Lumbar Left Lateral Bending	Right SLR angle (SINGLE) T12 left lateral flexion angle Sacral angle Lumbar left lateral flexion ROM							
4 Lumbar Right Straight Leg Raising 5 Lumbar Left Lateral Bending 6 Lumbar Right	Right SLR angle (SINGLE) T12 left lateral flexion angle Sacral angle Lumbar left lateral flexion ROM T12 right lateral flexion angle							
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4 Lumbar Right Straight Leg Raising 5 Lumbar Left Lateral Bending 6 Lumbar Right Lateral Bending	Right SLR angle (SINGLE) T12 left lateral flexion angle Sacral angle Lumbar left lateral flexion ROM T12 right lateral flexion angle Sacral angle							

Acumar™ Range of Motion: The Upper Extremities

Session Info.	
Name:	
ID:	
Date:	
Comments:	

Examined By:

Section Left Shoulder Flexion Left shoulder flexion ROM Left shoulder flexion ROM Left shoulder extension ROM Left shoulder extension ROM Right Shoulder Extension Right shoulder extension ROM Right shoulder external rotation ROM Right shoulder internal rotation ROM Right shoulder external rotation ROM Right shoulde	Shoulder Range	e of Motion						
Eft shoulder Extension 2 Left Shoulder Extension 2 Left shoulder extension ROM 3 Right Shoulder Flexion Right shoulder flexion ROM 4 Right Shoulder Extension Right shoulder extension ROM 5 Left Shoulder Adduction C Left shoulder Adduction Fixed to the shoulder Adduction ROM 7 Right Shoulder Adduction Right Shoulder Adduction ROM 10 Left Shoulder Adduction Right Shoulder Adduction Right Shoulder Adduction Right Shoulder External Rotation Right Shoulder External Rotation Right Shoulder External Rotation Right Shoulder External Rotation ROM 11 Right Shoulder External Rotation ROM Right Shoulder External Rotation ROM 12 Right Shoulder Right Shoulder External Rotation ROM 12 Right Shoulder External Rotation ROM	Section	Description	Test			Max.	Ave.	Var.
Left shoulder Extension 2 Left Shoulder Extension Left shoulder extension ROM 3 Right Shoulder Flexion ROM 4 Right Shoulder Extension Right shoulder extension ROM 5 Left Shoulder Adduction 6 Left Shoulder Adduction 6 Left Shoulder Adduction 8 Right Shoulder Adduction Right shoulder Adduction ROM 1 Right Shoulder Adduction 8 Right Shoulder Adduction Right shoulder Adduction ROM 10 Left Shoulder Adduction 10 Left Shoulder External Rotation 11 Right Shoulder Right shoulder Right shoulder internal Rotation Right Shoulder Right shoulder ROM 11 Right Shoulder Right shoulder Right shoulder external rotation ROM Right Shoulder Right shoulder ROM 11 Right Shoulder Right shoulder external rotation ROM Right shoulder Right shoulder Right shoulder external rotation ROM 12 Right Shoulder Right shoulder external rotation ROM Right shoulder Right shoulder Right shoulder external rotation ROM 12 Right Shoulder Right shoulder external rotation ROM								
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Flexion Right shoulder flexion ROM 4 Right Shoulder Extension Right shoulder extension ROM 5 Left Shoulder Abduction Left shoulder adduction ROM 7 Right Shoulder Abduction 8 Right Shoulder Adduction 8 Right Shoulder Adduction 10 Left Shoulder External Rotation 10 Left Shoulder External Rotation 11 Right Shoulder External Rotation Right Shoulder External Rotation Right Shoulder External Rotation Right Shoulder RoM 11 Right Shoulder Right Shoulder Rom Right Shoulder R								
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4 Right Shoulder Extension Right shoulder extension ROM 5 Left Shoulder Abduction Left shoulder Adduction ROM 6 Left Shoulder Adduction Left shoulder adduction ROM 7 Right Shoulder Abduction Right Shoulder Adduction ROM 10 Left Shoulder Internal Rotation Right Shoulder Ri		Pight shoulder flevion POM				-		
Extension Right shoulder extension ROM S Left Shoulder Abduction Left shoulder abduction ROM C Left Shoulder Adduction Right Shoulder Abduction Right Shoulder Abduction Right Shoulder Adduction Right shoulder abduction ROM S Right Shoulder Adduction Right shoulder abduction ROM S Right Shoulder Adduction Right shoulder adduction ROM S Left Shoulder Adduction Right Shoulder Right Shoulder Rom S Left Shoulder Right Shoulder Rom Rotation Right Shoulder Right Shoulder Rom Right Shoulder Right Sho		Right Shoulder hexion Row				<u> </u>		
Extension Right shoulder extension ROM S Left Shoulder Abduction Left shoulder abduction ROM C Left Shoulder Adduction Right Shoulder Abduction Right Shoulder Abduction Right Shoulder Adduction Right shoulder abduction ROM S Right Shoulder Adduction Right shoulder abduction ROM S Right Shoulder Adduction Right shoulder adduction ROM S Left Shoulder Adduction Right Shoulder Right Shoulder Rom S Left Shoulder Right Shoulder Rom Rotation Right Shoulder Right Shoulder Rom Right Shoulder Right Sho	4 Right Shoulder							
5 Left Shoulder Abduction Left shoulder Adduction Ceft shoulder Adduction Right Shoulder Abduction Right Shoulder Abduction Right Shoulder Adduction Right Shoulder External Rotation 10 Left Shoulder Internal Rotation 11 Right Shoulder External Rotation Right Shoulder External rotation ROM Right Shoulder External Rotation Right Shoulder External rotation ROM								
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Left shoulder Adduction Left shoulder adduction ROM Left shoulder adduction ROM Right Shoulder Adduction Right shoulder adduction ROM 8 Right Shoulder Adduction Right shoulder adduction ROM 9 Left Shoulder External Rotation 10 Left Shoulder Internal Rotation 11 Right Shoulder External Rotation Right Shoulder External Rotation 12 Right Shoulder Internal Right Shoulder R								
6 Left Shoulder Adduction Left shoulder adduction ROM 7 Right Shoulder Abduction Right shoulder adduction ROM 8 Right Shoulder Adduction Right shoulder adduction ROM 9 Left Shoulder External Rotation 10 Left Shoulder Internal Rotation 11 Right Shoulder External Rotation Right Shoulder external rotation ROM 12 Right Shoulder Right Shoulder ROM 13 Right Shoulder Right Shoulder Rom 14 Right Shoulder Right Shoulder Rom 15 Right Shoulder Right Shoulder Rom 16 Left Shoulder Rom 17 Right Shoulder Rom 18 Right Shoulder Rom 19 Left Shoulder Rom 10 Left Shoulder Rom 10 Left Shoulder Rom 11 Right Shoulder Rom 12 Right Shoulder Rom 13 Right Shoulder Rom 14 Right Shoulder Rom 15 Right Shoulder Rom 16 Right Shoulder Rom 17 Right Shoulder Rom 18 Right Shoulder Rom 19 Left Shoulder Rom 10 Left Shoulder Rom 10 Left Shoulder Rom 10 Left Shoulder Rom 11 Right Shoulder Rom 12 Right Shoulder Rom 13 Right Shoulder Rom 14 Right Shoulder Rom 15 Right Shoulder Rom 16 Right Shoulder Rom 17 Right Shoulder Rom 18 Right Shoulder Rom 19 Right Shoulder Rom 10 Left Shoulder Rom 10 Left Shoulder Rom 10 Left Shoulder Rom 11 Right Shoulder Rom 12 Right Shoulder Rom 13 Right Shoulder Rom 14 Right Shoulder Rom 15 Right Shoulder Rom 16 Right Shoulder Rom 17 Right Shoulder Rom 18 Right Shoulder Rom 19 Right Shoulder Rom 10 Left Shoulder Rom 11 Right Shoulder Rom 12 Right Shoulder Rom 13 Right Shoulder Rom 14 Right Shoulder Rom 15 Right Shoulder Rom 16 Right Shoulder Rom 17 Right Shoulder Rom 18 Right Shoulder Rom 18 Right Shoulder Rom 19 Right Shoulder Rom 10 Right Shoulder Rom 10 Ro	Abduction	Loft shoulder abduction BOM						
Adduction Left shoulder adduction ROM 7 Right Shoulder Abduction 8 Right Shoulder Adduction Right shoulder adduction ROM 9 Left Shoulder External Rotation 10 Left Shoulder Internal Rotation 11 Right Shoulder External Rotation 12 Right Shoulder Right Shoulder Right Shoulder Rom 12 Right Shoulder Right Shoulder Right Shoulder Rom 13 Right Shoulder Right Sh		Left Siloudier abduction ROM						
To Right Shoulder Abduction Right shoulder abduction ROM Right Shoulder Adduction Right shoulder adduction ROM Public Shoulder External Rotation 10 Left Shoulder Internal Rotation 11 Right Shoulder External Rotation Right Shoulder Internal rotation ROM Right Shoulder External Rotation Right Shoulder External Rotation Right Shoulder External Rotation Right Shoulder External Rotation Right Shoulder External Rotation ROM Right Shoulder External Rotation Right Shoulder External Rotation ROM	6 Left Shoulder							
7 Right Shoulder Abduction Right shoulder abduction ROM 8 Right Shoulder Adduction Right shoulder adduction ROM 9 Left Shoulder External Rotation 10 Left Shoulder Internal Rotation 11 Right Shoulder External Rotation 12 Right Shoulder Internal Rotation ROM 12 Right Shoulder External Rotation ROM 13 Right Shoulder External Rotation ROM 14 Right Shoulder External Rotation ROM 15 Right Shoulder External Rotation ROM 16 Right Shoulder External Rotation ROM 17 Right Shoulder External Rotation ROM 18 Right Shoulder External Rotation ROM 19 Left Shoulder External Rotation ROM 10 Left Shoulder Internal Rotation ROM 10 Left Shoulder Internal Rotation ROM 11 Right Shoulder External Rotation ROM 12 Right Shoulder External Rotation ROM	Adduction							
Abduction Right Shoulder Adduction ROM 8 Right Shoulder Adduction Right shoulder adduction ROM 9 Left Shoulder External Rotation Rotation 10 Left Shoulder Internal Rotation Left shoulder internal rotation ROM 11 Right Shoulder External Rotation ROM		Left shoulder adduction ROM						
Abduction Right Shoulder Adduction ROM 8 Right Shoulder Adduction Right shoulder adduction ROM 9 Left Shoulder External Rotation Rotation 10 Left Shoulder Internal Rotation Left shoulder internal rotation ROM 11 Right Shoulder External Rotation ROM	7 Dialet Ob a dela a					1		
Right Shoulder Adduction ROM 8 Right Shoulder Adduction ROM 9 Left Shoulder External Rotation 10 Left Shoulder Internal Rotation 11 Right Shoulder External Rotation Right Shoulder External Rotation 12 Right Shoulder Internal Right Shoulder External Right Shoulder								
8 Right Shoulder Adduction Right shoulder adduction ROM 9 Left Shoulder External Rotation 10 Left Shoulder Internal Rotation 11 Right Shoulder External Rotation Right shoulder external rotation ROM 12 Right Shoulder Internal ROM 13 Right Shoulder External Rotation Right Shoulder External Rotation ROM Right Shoulder External Rotation ROM Right Shoulder External Rotation ROM		Right shoulder abduction ROM				-		
Adduction Right shoulder adduction ROM 9 Left Shoulder External Rotation Left shoulder external rotation ROM 10 Left Shoulder Internal Rotation 11 Right Shoulder External Rotation Right shoulder external rotation ROM 12 Right Shoulder Internal Rotation Right Shoulder external rotation ROM		ragin enedider abadetten Nem			l l			
Right shoulder adduction ROM 9 Left Shoulder External Rotation Left shoulder external rotation ROM 10 Left Shoulder Internal Rotation Left shoulder internal rotation ROM 11 Right Shoulder External Rotation Right shoulder external rotation ROM 12 Right Shoulder Internal	8 Right Shoulder							
9 Left Shoulder External Rotation Left shoulder external rotation ROM 10 Left Shoulder Internal Rotation Left shoulder internal rotation ROM 11 Right Shoulder External Rotation Right shoulder external rotation ROM 12 Right Shoulder Internal								
External Rotation Left shoulder external rotation ROM 10 Left Shoulder Internal Rotation Left shoulder internal rotation ROM Left shoulder internal rotation ROM 11 Right Shoulder External Rotation Right shoulder external rotation ROM 12 Right Shoulder Internal		Right shoulder adduction ROM						
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Rotation Left shoulder external rotation ROM 10 Left Shoulder Internal Rotation Left shoulder internal rotation ROM Left shoulder internal rotation ROM 11 Right Shoulder External Rotation Right shoulder external rotation ROM Right shoulder external rotation ROM 12 Right Shoulder Internal								
Internal Rotation Left shoulder internal rotation ROM 11 Right Shoulder External Rotation Right shoulder external rotation ROM 12 Right Shoulder Internal		Left shoulder external rotation ROM						
Internal Rotation Left shoulder internal rotation ROM 11 Right Shoulder External Rotation Right shoulder external rotation ROM 12 Right Shoulder Internal								
Rotation Left shoulder internal rotation ROM 11 Right Shoulder External Rotation ROM Right shoulder external rotation ROM 12 Right Shoulder Internal								
11 Right Shoulder External Rotation ROM Right shoulder external rotation ROM		Left about the district of the BOM		1				
External Rotation Right shoulder external rotation ROM	Rotation	Left shoulder internal rotation ROM						
External Rotation Right shoulder external rotation ROM	11 Right Shoulder							
12 Right Shoulder Internal								
Internal	Rotation	Right shoulder external rotation ROM				1		
Internal					 			
Trigitt shoulder internal rotation row		Dight choulder internal retation DOM	-			-		
	Notation	night shoulder internal rotation ROM				1		

Elbow Range o						T	Т.	- I
Section	Description	Test				Max.	Ave.	Var.
1 Left Elbow		1						
Flexion					-			
	Left elbow flexion ROM							
2 Left Elbow		1						1
Extension								
Extension	Left elbow extension ROM							
	Left eibow exterision ROM							
3 Right Elbow		1					1	1
Flexion								
	Right elbow flexion ROM							
4 Right Elbow								
Extension								
	Right elbow extension ROM							
				·	·	•		
Forearm Range	e of Motion							
Section	Description	Test				Max.	Ave.	Var.
1 Left Forearm								
Supination								
	Left forearm supination ROM							
2 Left Forearm								
Pronation		<u> </u>		,	,			
	Left forearm pronation ROM		1					
		_						
3 Right Forearm								
Supination	Black form a new construction BOM	1						
	Right forearm supination ROM							
4 Right Forearm		1						1
Pronation								
Tionation	Right forearm pronation ROM							
	Right forearm profiation ROW							
Wrist Range of	Motion							
		Test				lMax.	Ave.	Var.
Wrist Range of Section 1 Left Wrist	Motion Description	Test				Max.	Ave.	Var.
Section		Test				Max.	Ave.	Var.
Section 1 Left Wrist		Test				Max.	Ave.	Var.
1 Left Wrist Flexion	Description	Test				Max.	Ave.	Var.
Section 1 Left Wrist Flexion 2 Left Wrist	Description	Test				Max.	Ave.	Var.
Section 1 Left Wrist Flexion	Description Left wrist flexion ROM	Test				Max.	Ave.	Var.
Section 1 Left Wrist Flexion 2 Left Wrist	Description	Test				Max.		Var.
Section 1 Left Wrist Flexion 2 Left Wrist Extension	Description Left wrist flexion ROM	Test				Max.		Var.
Section 1 Left Wrist Flexion 2 Left Wrist Extension 3 Right Wrist	Description Left wrist flexion ROM	Test				Max.	Ave.	Var.
Section 1 Left Wrist Flexion 2 Left Wrist Extension	Left wrist flexion ROM Left wrist extension ROM	Test				Max.	Ave.	Var.
Section 1 Left Wrist Flexion 2 Left Wrist Extension 3 Right Wrist	Description Left wrist flexion ROM	Test				Max.	Ave.	Var.
Section 1 Left Wrist Flexion 2 Left Wrist Extension 3 Right Wrist Flexion	Left wrist flexion ROM Left wrist extension ROM	Test				Max.	Ave.	Var.
Section 1 Left Wrist Flexion 2 Left Wrist Extension 3 Right Wrist Flexion 4 Right Wrist	Left wrist flexion ROM Left wrist extension ROM	Test				Max.	Ave.	Var.
Section 1 Left Wrist Flexion 2 Left Wrist Extension 3 Right Wrist Flexion	Left wrist flexion ROM Left wrist extension ROM Right wrist flexion ROM	Test				Max.	Ave.	Var.
Section 1 Left Wrist Flexion 2 Left Wrist Extension 3 Right Wrist Flexion 4 Right Wrist	Left wrist flexion ROM Left wrist extension ROM	Test				Max.	Ave.	Var.
Section 1 Left Wrist Flexion 2 Left Wrist Extension 3 Right Wrist Flexion 4 Right Wrist Extension	Left wrist flexion ROM Left wrist extension ROM Right wrist flexion ROM	Test				Max.	Ave.	Var.
Section 1 Left Wrist Flexion 2 Left Wrist Extension 3 Right Wrist Flexion 4 Right Wrist Extension 5 Left Wrist	Left wrist flexion ROM Left wrist extension ROM Right wrist flexion ROM	Test				Max.	Ave.	Var.
Section 1 Left Wrist Flexion 2 Left Wrist Extension 3 Right Wrist Flexion 4 Right Wrist Extension	Left wrist flexion ROM Left wrist extension ROM Right wrist flexion ROM Right wrist extension ROM	Test				Max.	Ave.	Var.
Section 1 Left Wrist Flexion 2 Left Wrist Extension 3 Right Wrist Flexion 4 Right Wrist Extension 5 Left Wrist Radial	Left wrist flexion ROM Left wrist extension ROM Right wrist flexion ROM	Test				Max.	Ave.	Var.
Section 1 Left Wrist Flexion 2 Left Wrist Extension 3 Right Wrist Flexion 4 Right Wrist Extension 5 Left Wrist Radial	Left wrist flexion ROM Left wrist extension ROM Right wrist flexion ROM Right wrist extension ROM Left wrist radial deviation ROM	Test				Max.	Ave.	Var.
Section 1 Left Wrist Flexion 2 Left Wrist Extension 3 Right Wrist Flexion 4 Right Wrist Extension 5 Left Wrist Radial Deviation	Left wrist flexion ROM Left wrist extension ROM Right wrist flexion ROM Right wrist extension ROM Left wrist radial deviation ROM	Test				Max.	Ave.	Var.
Section 1 Left Wrist Flexion 2 Left Wrist Extension 3 Right Wrist Flexion 4 Right Wrist Extension 5 Left Wrist Radial Deviation 6 Left Wrist Ulnar	Left wrist flexion ROM Left wrist extension ROM Right wrist flexion ROM Right wrist extension ROM Left wrist radial deviation ROM	Test				Max.	Ave.	Var.
Section 1 Left Wrist Flexion 2 Left Wrist Extension 3 Right Wrist Flexion 4 Right Wrist Extension 5 Left Wrist Radial Deviation 6 Left Wrist Ulnar Deviation	Left wrist flexion ROM Left wrist extension ROM Right wrist flexion ROM Right wrist extension ROM Left wrist radial deviation ROM	Test				Max.	Ave.	Var.
Section 1 Left Wrist Flexion 2 Left Wrist Extension 3 Right Wrist Flexion 4 Right Wrist Extension 5 Left Wrist Radial Deviation 6 Left Wrist Ulnar Deviation 7 Right Wrist	Left wrist flexion ROM Left wrist extension ROM Right wrist flexion ROM Right wrist extension ROM Left wrist radial deviation ROM	Test				Max.	Ave.	Var.
Section 1 Left Wrist Flexion 2 Left Wrist Extension 3 Right Wrist Flexion 4 Right Wrist Extension 5 Left Wrist Radial Deviation 6 Left Wrist Ulnar Deviation 7 Right Wrist Radial	Left wrist flexion ROM Left wrist extension ROM Right wrist flexion ROM Right wrist extension ROM Left wrist radial deviation ROM	Test				Max.	Ave.	Var.
Section 1 Left Wrist Flexion 2 Left Wrist Extension 3 Right Wrist Flexion 4 Right Wrist Extension 5 Left Wrist Radial Deviation 6 Left Wrist Ulnar Deviation 7 Right Wrist	Left wrist flexion ROM Left wrist extension ROM Right wrist flexion ROM Right wrist extension ROM Left wrist radial deviation ROM	Test				Max.	Ave.	Var.
Section 1 Left Wrist Flexion 2 Left Wrist Extension 3 Right Wrist Flexion 4 Right Wrist Extension 5 Left Wrist Radial Deviation 6 Left Wrist Ulnar Deviation 7 Right Wrist Radial Deviation	Left wrist flexion ROM Left wrist extension ROM Right wrist flexion ROM Right wrist extension ROM Left wrist radial deviation ROM Left wrist radial deviation ROM	Test				Max.	Ave.	Var.
Section 1 Left Wrist Flexion 2 Left Wrist Extension 3 Right Wrist Flexion 4 Right Wrist Extension 5 Left Wrist Radial Deviation 6 Left Wrist Ulnar Deviation 7 Right Wrist Radial Deviation 8 Right Wrist	Left wrist flexion ROM Left wrist extension ROM Right wrist flexion ROM Right wrist extension ROM Left wrist radial deviation ROM Left wrist ulnar deviation ROM Right wrist radial deviation ROM	Test				Max.	Ave.	Var.
Section 1 Left Wrist Flexion 2 Left Wrist Extension 3 Right Wrist Flexion 4 Right Wrist Extension 5 Left Wrist Radial Deviation 6 Left Wrist Ulnar Deviation 7 Right Wrist Radial Deviation	Left wrist flexion ROM Left wrist extension ROM Right wrist flexion ROM Right wrist extension ROM Left wrist radial deviation ROM Left wrist ulnar deviation ROM	Test				Max.	Ave.	Var.
Section 1 Left Wrist Flexion 2 Left Wrist Extension 3 Right Wrist Flexion 4 Right Wrist Extension 5 Left Wrist Radial Deviation 6 Left Wrist Ulnar Deviation 7 Right Wrist Radial Deviation 8 Right Wrist	Left wrist flexion ROM Left wrist extension ROM Right wrist flexion ROM Right wrist extension ROM Left wrist radial deviation ROM Left wrist ulnar deviation ROM Right wrist radial deviation ROM	Test				Max.		Var.

Acumar™ Range of Motion: The Lower Extremities

Session Info.	
Name:	
ID:	
Date:	
Comments:	

Examined By:

ection	Motion Description	Test				Max.	Ave.	Var.
1 Left Hip	·					1		
Flexion								
	Left hip flexion ROM					1		
	·			Ų.				-
2 Left Hip								
Extension								
	Left hip extension ROM							
	·		·					
3 Right Hip								
Flexion								
	Right hip flexion ROM							
			'	'	 1	•		
4 Right Hip								
Extension								
	Right hip extension ROM					1		
			<u>'</u>		'			
5 Left Hip								
Abduction								
	Left hip abduction ROM							
6 Left Hip								
Adduction								
	Left hip adduction ROM					1		
7 Right Hip								
Abduction								
	Right hip abduction ROM							
							,	
8 Right Hip								
Adduction						_		
	Right hip adduction ROM							
9 Left Hip								
External				ı	 -	1		
Rotation	Left hip external rotation ROM							
10 Left Hip								
Internal						4		
Rotation	Left hip internal rotation ROM							
4.5: 14:::						_	1	_
11 Right Hip								
External						4		
Rotation	Right hip external rotation ROM						1	
10 D: 14::::								_
12 Right Hip								
Internal						4		
Rotation	Right hip internal rotation ROM							

nee Range of Section	Description	Test					Max.	Ave.	Var.
1 Left Knee								1	
Flexion									
	Left knee flexion ROM						1		
	Left knee flexion Kowi								
2 Left Knee							I	T	1
Extension									
Exteriolori	Left knee extension ROM						1		
	Left knee extension ROM								
3 Right Knee	_						Ī		1
Flexion									
i icaion	Right knee flexion ROM						1		
	Right knee hexion Row						ļ.		
4 Right Knee	- 						ı	T	т —
Extension									
LAGUSIOU	Dight knee systematica DOM			-		ı	4		
	Right knee extension ROM				1			I	
	- C. D. C								
nkle Range	OT IVIOTION	<u> </u>					I		lv.
Section	Description	Test					Max.	Ave.	Var.
1 Left Ankle									
Flexion									
	Left ankle flexion ROM								
2 Left Ankle									
Extension									
	Left ankle extension ROM								
3 Right Ankle									
Flexion									
	Right ankle flexion ROM						1		
						1			•
4 Right Ankle									T
Extension									
	Right ankle extension ROM						1		
	g a o.x.oo r.o		l l				I		1
5 Left Ankle	 						1	T	1
Inversion									
11110101011	Left ankle inversion ROM						1		
	2011 WINIO III VOI SIOII INOIN				1			1	
								1	т —
6 Left Ankla		ı							
6 Left Ankle		1					4		
6 Left Ankle Eversion	Loft anklo oversion POM								
	Left ankle eversion ROM								•
Eversion	Left ankle eversion ROM						<u> </u>	1	
Eversion 7 Right Ankle	Left ankle eversion ROM						<u> </u>		
Eversion									
Eversion 7 Right Ankle	Left ankle eversion ROM Right ankle inversion ROM						-		
7 Right Ankle Inversion							-		
7 Right Ankle Inversion 8 Right Ankle									
7 Right Ankle Inversion									

ACUMAR By



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