

Workers' Comp

Understanding Normal Range of Motion for Joint Functionality

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Understanding the normal range of motion (ROM) for different joints is an essential tool. It provides a solid foundation to assess workers' compensation claims and tailor rehabilitation strategies effectively. Each joint has a generally accepted range of motion, reflecting the degrees to which it can typically move. However, it's important to recognize that individual capabilities may vary within these standard ranges.

Here's a closer look at the accepted ROM values for specific joints, measured in degrees:

- Flexion: 0 to 180 degrees
- Abduction: 0 to 180 degrees
- Extension: 0 to 60 degrees
- Internal Rotation: 0 to 90 degrees
- External Rotation: 0 to 90 degrees

- Flexion: 0 to 145 degrees
- **Extension:** 0 to 0 degrees

- Flexion: 0 to 80 degrees
- Extension: 0 to 70 degrees
- Radial Deviation: 0 to 20 degrees
- Ulnar Deviation: 0 to 30 degrees

- Flexion: 0 to 120 degrees
- Abduction: 0 to 45 degrees
- Adduction: 0 to 30 degrees
- Extension: 0 to 30 degrees
- Internal Rotation: 0 to 40 degrees
- External Rotation: 0 to 45 degrees

- Flexion: 0 to 135 degrees
- Extension: 0 to 0 degrees

- **Dorsiflexion:** 0 to 20 degrees
- Plantarflexion: 0 to 50 degrees
- **Inversion:** 0 to 35 degrees
- Eversion: 0 to 15 degrees

Understanding these ranges helps you assess whether a claim aligns with standard clinical expectations or if there could be discrepancies worth further investigation. Additionally, it aids in developing personalized <u>physical medicine</u> recovery strategies that honor an individual's unique movement capabilities while fostering optimal recovery outcomes.

Whether it's home health, durable medical equipment, diagnostics or another specialty service, <u>Apricus Specialty Solutions</u> offer a onestop-shop experience to make sure those recovering from an injury get what they need, when they need it.



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