Goniometry

This program provides a comprehensive review of joint range of motion and goniometric measurement techniques for all joints of the upper and lower extremities. Measurement recording forms and handouts are provided in PDF format.

- Step by step demonstration
- Video of proper Measurement Techniques
- End Feel and Joint Range Instruction
- Contraindications and Causes for Restrictions

$45 per student. Full Semester Access. Includes practice exams for a complete learning experience.

Go to Course Details  Read More
• Step by Step instructional video of measurement techniques.

• Detecting end feel is necessary in performing safe and accurate goniometry and it can tell you about the type of limiting structure to PROM.

• Because joint range of motion varies from person to person, always compare the uninvolved side and use that measurement for normal value for that person.
Learning Outcomes

1. Identify the degrees of passive/active range of each joint.
2. Identify the starting position for measurement of each joint motion.
3. Identify the "End Feel" for each joint.
4. List possible causes for restriction in motion of a joint.
5. List the contraindications for goniometric measurement.
6. List the benefits of goniometric measurement.
Part 1 (62 min.)
Introduction to Goniometry

Part 2 (56 min.)
How to Read the Goniometer
Elbow Flexion/Extension
Forearm Supination/Pronation
Wrist Radial/Ulnar Deviation
Wrist Flexion/Extension
MCP Flexion/Extension

Part 3 (53 min.)
MCP Flexion/Extension
MCP Abduction/Adduction
PIP Flexion/Extension
DIP Flexion/Extension

Go to Course Details
Part 4 (60 min.)
Shoulder Flexion/Extension
Shoulder Internal/External Rotation
Shoulder Horizontal Abduction/Adduction

Part 5 (85 min.)
Hip Flexion/Extension
Hip Internal/External Rotation
Hip Abduction/Adduction
Knee Flexion
Foot Plantar/Dorsiflexion
Foot Eversion/Inversion
Metatarsal Flexion
Thoracic and Lumbar Flexion/Extension
Lateral Trunk Flexion
Lateral Neck Flexion
Cervical Rotation
Neck Flexion/Extension
Michael Saraceno, MS, OTR/L, CHT is an occupational therapist, & certified hand therapist, who specializes in upper extremity neurologic and orthopedic rehabilitation for the last 16 years. He is also a lymphedema therapist who treats traumatic, venous and lymphedema patients. In addition, to his clinical experience, he is an associate professor at Long Island University where he teaches anatomy, kinesiology, orthotics, orthopedics and neuro-rehabilitation.