

About the Instructor

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.



Goniometry

Topic Index

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



Goniometry

Topic Index

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

