

## Goniometry

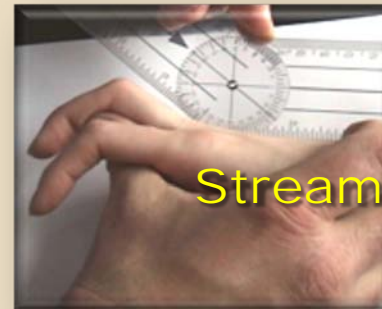
This program provides a comprehensive review of joint range of motion and goniometric measurement techniques for all joints of the upper and lower extremities. Measurement recording forms and handouts are provided in PDF format.

 Step by step demonstration

 Video of proper Measurement Techniques

 End Feel and Joint Range Instruction

 Contraindications and Causes for Restrictions



Streaming Video



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- 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.

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## 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.

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# 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



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# 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

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## About the Speaker

**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.**

