

# OCCUPATIONAL THERAPY STUDENT

# Cheat Sheet

## NORMAL RANGE OF MOTION

Shoulder	Flexion	0-180
	Extension (hyper)	0-60
	Abduction	0-180
	Medial rotation	0-70
	Lateral rotation	0-90
Elbow	Flexion	0-150
	Extension	0
Wrist	Flexion	0-80
	Extension	0-70
	Radial deviation	0-20
	Ulnar deviation	0-30
	Abduction	0-70
Thumb CMC	Flexion	0-15
	Extension	0-20
Thumb MCP	Flexion	0-50
Thumb IP	Flexion	0-80
Digit 2-5 MCP	Flexion	0-90
Digit 2-5 PIP	Flexion	0-90
Digit 2-5 DIP	Flexion	0-90
	Hyperextension	0-10
Hip	Flexion	0-120
	Extension	0-30
	Abduction	0-45
	Adduction	0-30
	Lateral rotation	0-45
	Medial rotation	0-30
Knee	Flexion	0-135
	Extension	0-0
Ankle	Dorsiflexion	0-90
	Plantar flexion	0-45
	Inversion	0-35
	Eversion	0-25

## MANUAL MUSCLE TESTING

GRADING		FINDINGS
0	Absent	No visible or palpable contraction
1	Trace	Visible or palpable contraction, but no movement
2-	Poor-	Partial ROM in gravity-eliminated position
2	Poor	Moves through full ROM gravity-eliminated
2+	Poor+	Moves through partial ROM against gravity or move through complete ROM gravity-eliminated and holds against pressure
3-	Fair-	Gradual release from test position
3	Fair	Full ROM and holds test position against gravity
3+	Fair+	Full ROM against gravity and holds test position against slight resistance
4-	Good-	Full ROM against gravity and holds test position against slight resistance
4	Good	Full ROM against gravity and holds test position against moderate pressure
4+	Good+	Full ROM against gravity and holds test position against moderate resistance
5	Normal	Full ROM against gravity and holds test position against maximum resistance

## STRENGTH GRADING

0-100 = normal
0-25 = trace
25-50 = fair
50-75 = good
75-100 = normal

Strength: 0-100 = normal

0-25 = trace
25-50 = fair
50-75 = good
75-100 = normal

# Occupational Therapy Cheat Sheet

**JS Bruner**



## **Occupational Therapy Cheat Sheet:**

## Enjoying the Beat of Appearance: An Psychological Symphony within **Occupational Therapy Cheat Sheet**

In a global used by screens and the ceaseless chatter of instant interaction, the melodic elegance and emotional symphony developed by the prepared word often fade in to the backdrop, eclipsed by the constant sound and distractions that permeate our lives. Nevertheless, nestled within the pages of **Occupational Therapy Cheat Sheet** a marvelous literary prize brimming with fresh emotions, lies an immersive symphony waiting to be embraced. Crafted by a wonderful composer of language, this interesting masterpiece conducts readers on a mental journey, well unraveling the concealed songs and profound impact resonating within each carefully constructed phrase. Within the depths of the poignant analysis, we can explore the book is key harmonies, analyze its enthralling publishing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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