

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 Grading Scale (0-100)

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

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Occupational Therapy Cheat Sheet

J Elliott



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