

# 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	0-20

## 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

0-25 = trace

25-50 = fair
50-75 = good
75-100 = normal
100 = max

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# Occupational Therapy Cheat Sheet

**Lei Shi**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name 'Lei Shi'.

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web v i r i v r as you can see in this circuit diagram we use an r1 load resistor to convert current into voltage in this circuit a voltage divider is used but we can also use an operational amplifier to step down the voltage across the load resistor how to measure the secondary side current of ct

**adc how to read high voltages on microcontroller electrical** - Jan 08 2023

web you mean with a microcontroller the impedance note about analog sources probably means that if the sources are higher than 2.5k the input on the pic will start to load them down you usually want a source impedance to be at least ten times smaller than the load impedance so that it is not disturbed by the load impedance

**pic voltage measurement electrical engineering stack exchange** - Mar 10 2023

web pic voltage measurement ask question asked 13 years 9 months ago modified 13 years 9 months ago viewed 3k times 10 i am running a battery powered device and would like my microcontroller pic to report on the supply voltage this is so i can

determine how many batteries is used in the supply and also the state of charge of the battery pack

*true dc rms meter using core independent peripherals on 8 bit pic* - Dec 27 2021

web this technical brief demonstrates a solution for measuring the true dc rms of a periodic dc waveform using the core independent peripherals cips that are found on the pic18 microcontrollers the project uses less code and cpu cycles since the averaging operation frequency calibration and data transfer are implemented using the cips

pic based digital voltmeter dvm embedded lab - Feb 26 2022

web the pic micro reads the input voltage through one of the 8 analog channels and convert it to a 10 bit digital number using the internal adc doing some math with adc conversion you will see later this number can be converted to the actual measured voltage the voltage is displayed in an hd44780 based character lcd

**voltmeter and ammeter using pic microcontroller electrosome** - Jul 02 2022

web may 20 2012 adc module of pic microcontroller converts the signals on its analog pin to 10 bit binary data and it has software selectable high and low voltage reference input to some combination of vdd vss ra2 and ra3 the analog input to pic is limited to vss and vdd voltages 0 5v of pic this circuit is designed to measure 0 to 30v

ac voltage measurement using pic16f877a microcontroller - Jul 14 2023

web jun 27 2017 so we see that there are some parameters of ac voltage such as peak voltage rms voltage line frequency wave shape etc in this project we will not measure the wave shape we will measure the peak voltage rms voltage and line frequency to make the project easy and understandable

ac voltage measurement using pic18f46k22 microcontroller - Apr 11 2023

web jul 12 2022 this pic mcu project shows how to measure ac voltage up to 500v using pic18f46k22 8 bit microcontroller the rms effective value of the voltage under measure is sent to pc which can be printed on any serial monitor software and also displayed on 16 2 lcd screen

**ac power measurement meter using pic microcontroller elprocus** - Jun 01 2022

web the ac voltage measurement using a pic microcontroller can be done using a difference amplifier or potential transformer the difference amplifier or potential transformer is used to step down the voltage and then by using an analog to digital converter or rectifier the voltage reading is displayed on the lcd display

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digital voltmeter using 7 segment display and pic microcontroller - Feb 09 2023

web digital voltmeter with 7 segment display circuit diagram a picture below shows the circuit diagram of dc voltmeter with four digit seven segment display and voltage divider circuits interfacing with pic16f877a microcontroller but you can use any other pic microcontroller also

**measure pic s own vdd in voltage with adc** - Mar 30 2022

web mar 19 2015 i ve just made and succesfully tested code to measure the voltage on an4 analog pin now i want to try something else not quite sure if it s theoretically possible my test board has a pic processor with vdd avdd connected to a supply ranging from 0 if the battery is empty disconnected to 4.2 full battery

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web ac voltage measurement using pic microcontroller in this video lecture you will learn about ac voltmeter design circuit using current transformer and difference amplifier how to use show

ac voltage measurement using pic microcontroller two methods - Aug 15 2023

web jul 30 2023 the diagram below shows the simulation results of an ac voltage measurement project the lcd displays a reading of 220 volts ac which is measured using a microcontroller and the necessary components connected to it including a potential transformer how to measure ac voltage using pic microcontroller

**microcontroller how do i measure a negative voltage with a adc** - Nov 06 2022

web i am working with a pic micro controller with inbuilt 10bit adc and want to measure a voltage in the range of 1 to 3volts i thought of using an op amp in the inverting mode to make voltage positive and then feed it to the adc of the microcontroller however here i would have to power the opamp with a negative power supply right

voltage measurement with a pic microcontroller michigan state - Jun 13 2023

web the pic18f4520 is a 40pin microcontroller with numerous functions and applications one of its many functions is analog to digital conversion through this the pic is capable of reading an analog voltage and turning it into a digital readout that can be used in a program the circuitry and code required to create a basic voltage sensor is minimal

**how to measure battery voltage from a microcontroller** - Aug 03 2022

web apr 25 2016 my answer would be get a shunt type reference for a voltage that is lower than the battery range of interest let s assume a 5v battery and a tl431 or the like as 2.5v reference now measure the tl431 voltage using the battery as reference assume a 10 bit a d most common that reads n now you know that n battery  $1023 \times 2.5$

*three phase voltage measurement using pic microcontroller* - Apr 30 2022

web the circuit diagram of three phase voltage measurement system is given below as you can see in the circuit diagram we are using three phase generator and the voltage of each phase is measuring with the same circuit phase one phase two and phase three measurement circuit are the same

*how to measure mains ac voltage with an adc from a microcontroller* - Oct 05 2022

web jul 6 2016 i want to measure the mains voltage 230v 50hz using an adc channel from a microcontroller this is my current approach below i have two schematics that add two voltages one direct one alternating added to that the both the ac and dc signals are going through voltage divider but that isn t important

**digital voltmeter using pic microcontroller project and circuit** - May 12 2023

web digital voltmeter using pic microcontroller in this project a digital voltmeter using pic microcontroller is designed digital voltmeter using a pic can read the voltage from 0 40 volt this voltmeter can read only dc voltage digital ac voltmeter can also be designed using microcontrollers