



[Workers' Comp](#)

Understanding Normal Range of Motion for Joint Functionality

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2 MIN READ

Understanding the normal range of motion (ROM) for different joints is an essential tool. It provides a solid foundation to assess workers' compensation claims and tailor rehabilitation strategies effectively. Each joint has a generally accepted range of motion, reflecting the degrees to which it can typically move. However, it's important to recognize that individual capabilities may vary within these standard ranges.

Here's a closer look at the accepted ROM values for specific joints, measured in degrees:

- **Flexion:** 0 to 180 degrees
- **Abduction:** 0 to 180 degrees
- **Extension:** 0 to 60 degrees
- **Internal Rotation:** 0 to 90 degrees
- **External Rotation:** 0 to 90 degrees

- **Flexion:** 0 to 145 degrees
- **Extension:** 0 to 0 degrees

- **Flexion:** 0 to 80 degrees
- **Extension:** 0 to 70 degrees
- **Radial Deviation:** 0 to 20 degrees
- **Ulnar Deviation:** 0 to 30 degrees

- **Flexion:** 0 to 120 degrees
- **Abduction:** 0 to 45 degrees
- **Adduction:** 0 to 30 degrees
- **Extension:** 0 to 30 degrees
- **Internal Rotation:** 0 to 40 degrees
- **External Rotation:** 0 to 45 degrees

- **Flexion:** 0 to 135 degrees
- **Extension:** 0 to 0 degrees

- **Dorsiflexion:** 0 to 20 degrees
- **Plantarflexion:** 0 to 50 degrees
- **Inversion:** 0 to 35 degrees
- **Eversion:** 0 to 15 degrees

Understanding these ranges helps you assess whether a claim aligns with standard clinical expectations or if there could be discrepancies worth further investigation. Additionally, it aids in developing personalized [physical medicine](#) recovery strategies that honor an individual's unique movement capabilities while fostering optimal recovery outcomes.

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