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.

Whether it's home health, durable medical equipment, diagnostics or another specialty service, Apricus Specialty Solutions offer a one-stop-shop experience to make sure those recovering from an injury get what they need, when they need it.

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