

ANATOMICAL ROM NORMS

Joint	Motion	ROM
Elbow	Flexion	145°
	Hyperextension	0-10°
Elbow (Forearm)	Pronation	90°
	Supination	90°
Wrist	Extension	70°
	Flexion	80-90°
	Radial Deviation	0-20°
Shoulder	Ulnar Deviation	0-30°
	Forward Flexion	170-180°
	Abduction	170-180°
	External Rotation	70-90°
Knee	Internal Rotation	70-90°
	Flexion	120-140°
Hand	Extension	0°
	Flexion	80°
Finger DIP joints	Extension	0°
	Flexion	80°
Finger PIP joints	Extension	0°
	Flexion	100°
Finger MCP joints	Hyperextension	45°
	Flexion	90°



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Patient Information

Name: _____ DOB: _____ Gender: _____

Preferred Patient Contact Number: _____ Height/Weight: _____ / _____

Clinician Information

Name: _____ Contact Number: _____

Preferred Clinician Contact Method:

Phone _____

Email _____

Text _____

Left Right Bilateral

**Please provide all measurements in inches*

Elbow Pro/Sup ESP

**Please complete all measurements in this section*

_____ Bicep Circumference at Largest Part

_____ Mid-Forearm Circumference

_____ Circumference at Wrist Crease

_____ Width of Hand at MP Joints

_____ Length from Axilla to Elbow Crease

_____ Length from Elbow Crease to Wrist Crease

WHFO Wrist **Please complete all measurements in this section*

_____ Mid-Forearm Circumference

_____ Circumference 1" Proximal to Ulnar Styloid

_____ Width of Hand at MP Joint

**Please check box if requesting Neuro Hand Plate*

Knee **Please complete all measurements in this section*

_____ Inguinal Crease to Medial Joint of Knee

_____ Popliteal Fossa to PSIS

_____ Thigh Circumference at Widest Part

_____ Lateral Joint of Knee to Lateral Malleoli

_____ Calf Circumference at Widest Part

_____ Circumference 1" Proximal to Malleoli

Stat-A-Dyne Shoulder

**No Measurements Needed*

PIP Splint

**No Measurements Needed*

Vector 1 Hand CPM

**No Measurements Needed*

Internal Use Only:

OTS Custom

Notes:

Important Note: Off-the-shelf cuffs are pre-fabricated referencing standard sizes. Off-the-shelf cuffs are fabricated by matching the measurements provided on this form to the closest matching standard size. Custom cuffs are fabricated to the exact measurements on this form (+/- 0.25 inches). Guidelines for off-the-shelf and custom cuffs vary. Please verify the requirements of your specific state or insurance carrier to ensure compliance.