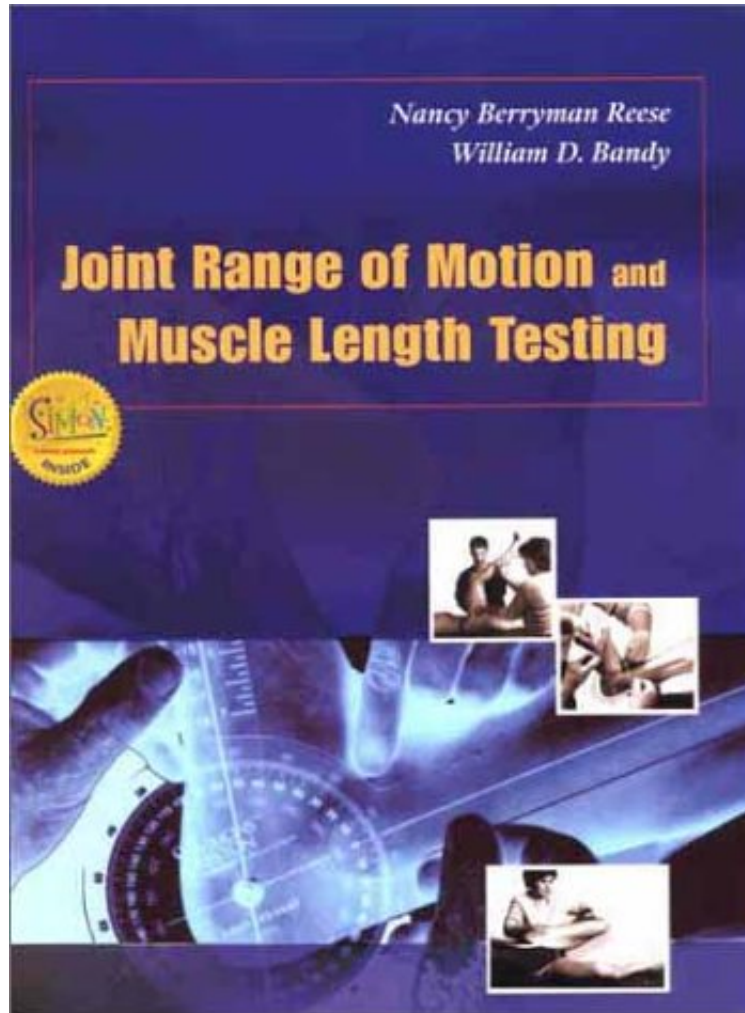


[FREE] Joint Range of Motion and Muscle Length Test

Joint Range of Motion and Muscle Length Test

*Nancy Berryman Reese PhD PT, William D. Bandy PhD PT SCS ATC, William Bandy
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Every Physical Therapy student will learn how to measure joint range of motion (ROM) at the beginning of his or her education. This text provides clear and comprehensive techniques for the measurement of both joint ROM and muscle length testing. The techniques presented include demonstrating the use of the goniometer, inclinometer, and tape measure for the examination of the upper and lower extremities, spine and temporomandibular joint. This text provides the most complete information on measurement of joint ROM of the spine and muscle length of the upper and lower extremities available to date. In addition to the comprehensive coverage of the measurement techniques, this text provides valuable information on measuring norms and a critical review on the reliability of those tests. Muscle length testing is included to make this a truly comprehensive resource. Comprehensive information on the measurement of range of motion of the spine discusses all commonly used measuring techniques such as using a tape measure, inclinometer, BROM, and CROM. A critical review of interrater reliability studies and tests is featured. Comprehensive information on the reliability and validity for all techniques is included to allow the reader to make educated decisions as to the most appropriate measurement technique for client. Chapter layout is easy-to-read and consistent, beginning with a general introduction and proceeding to a concise but detailed technique section. Excellent photographs illustrate every technique in a clear and logical fashion, depicting the various techniques for measuring joint ROM, as well as starting points and anatomical landmarks highlighted in a second color. An appendix includes current information on range of motion of the extremities and the spine, featuring updated range of motion tables that reflect the latest research findings and all available information on normal ROM by age group. Easy-to-locate techniques are listed by section and chapter with page references in the inside front and back cover.

About the Author Nancy Berryman Reese, PhD, PT, Associate Professor, Department of Physical Therapy, University of Central Arkansas, Conway, AR; and William D. Bandy, PhD, PT, SCS, ATC