|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Range of Motion Exercises (ROM)

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| W | N | C | A | B | D | U | C | T | I | O | N | P | Q | G | B | Z | Z | L | M | R | J | H | H |
| V | N | X | Z | Z | W | H | L | N | O | I | T | A | T | O | R | L | A | N | R | E | T | N | I |
| E | O | K | Z | Y | U | Z | S | H | N | C | B | G | W | J | R | I | N | U | I | E | Y | K | W |
| T | I | I | T | R | P | B | E | M | O | Z | U | Z | H | P | F | I | Z | H | W | Z | P | Z | W |
| G | T | S | Q | J | F | R | L | Q | V | L | K | R | F | O | Z | T | Y | B | O | U | S | T | J |
| I | A | C | U | H | Y | I | U | C | N | K | Y | L | D | X | G | O | F | P | M | M | Q | D | Y |
| R | N | N | O | I | T | A | N | O | R | P | T | B | S | J | M | B | M | Z | Q | S | H | Y | B |
| V | I | K | U | M | K | H | M | V | N | O | I | X | E | L | F | R | A | T | N | A | L | P | W |
| D | P | W | W | E | A | X | F | L | J | Y | W | I | M | Z | Q | V | W | P | R | H | O | A | E |
| J | U | P | B | B | X | P | V | C | Z | V | F | T | B | J | X | C | N | L | E | J | C | T | N |
| H | S | R | F | N | T | W | V | Z | J | P | M | B | A | Y | M | N | O | J | X | T | G | O | X |
| R | N | I | C | U | D | C | G | T | C | L | R | U | J | B | R | H | I | I | T | L | O | B | F |
| R | M | P | C | L | K | D | I | Z | Z | G | C | Q | T | H | G | R | S | E | E | T | P | R | B |
| N | O | I | X | E | L | F | I | S | R | O | D | S | P | B | P | U | N | N | N | X | P | S | X |
| N | O | I | T | A | T | O | R | L | A | N | R | E | T | X | E | I | E | F | S | G | M | M | G |
| W | M | G | V | N | H | C | H | X | Z | K | G | S | Q | S | S | V | T | J | I | Y | M | P | H |
| D | P | H | B | L | D | X | D | B | J | P | M | H | Y | R | H | S | X | H | O | U | D | Q | R |
| G | K | R | F | S | D | M | U | T | K | V | Z | F | X | Q | W | U | E | W | N | B | A | C | O |
| P | P | U | E | U | M | Q | E | V | O | C | G | Q | L | Q | I | N | R | K | C | F | V | O | T |
| X | D | F | J | G | W | S | C | X | F | F | P | A | U | I | S | I | E | R | U | H | J | V | A |
| G | W | C | O | W | E | W | C | V | L | A | U | U | V | X | S | L | P | Y | H | Q | Z | F | T |
| H | M | T | L | A | M | Z | A | U | A | Q | O | I | W | X | X | A | Y | I | T | L | X | B | I |
| V | Y | M | K | N | O | I | T | C | U | D | D | A | B | V | U | G | H | W | N | H | E | V | O |
| L | P | K | A | R | M | N | O | I | X | E | L | F | F | Z | O | D | I | U | Q | Y | G | J | N |

   supination       pronation       plantar flexion       external rotation       internal rotation       rotation       dorsiflexion       hyperextension       flexion       extension       adduction       abduction