# **RANGE -OF-MOTION (ROM) DEFINATIONS**

**Aims/Purpose**

1. Preventing joint stiffness
2. Muscle relaxation
3. Promote blood circulation

**ABDUCTION**-MOVING A BOBY PART AWAY FROM THE MID – LINE OF THE BODY

**ADDUCTION-** MOVING A BODY PART TOWARD THE MID- LINE OF THE BODY

**FLEXION -**BENDING A BODY PART

**EXTENSION** – STRAIGHTENING OF A BODY PART

**HYPEREXTENSION** -EXCESSIVE STRAIGHTENING OF A BODY PART

**DORSIFLEXION** -BENDING THE TOES AND FOOT UP AT THE ANKLE

**PLANTER FLEXION** – BENDING THE FOOT DOWN AT THE ANKLE

**ROTATION** – TURNING THE JOINT

**INTERNAL ROTATION**– TURNING THE JOINT INWARD

**RADIAL FLEXION-** TURNING THE WRIST JOINT TOWARDS THE RADIUS (THUMB)

**ULNAR FLEXION-** TURNING THE WRIST JOINT TOWARDS THE ULNAR (SMALL FINGER)

**SUPINATION–** TURNING THE JOINT DOWNWARD

**PRONATION** – TIURNING THE JOINT UPWARD