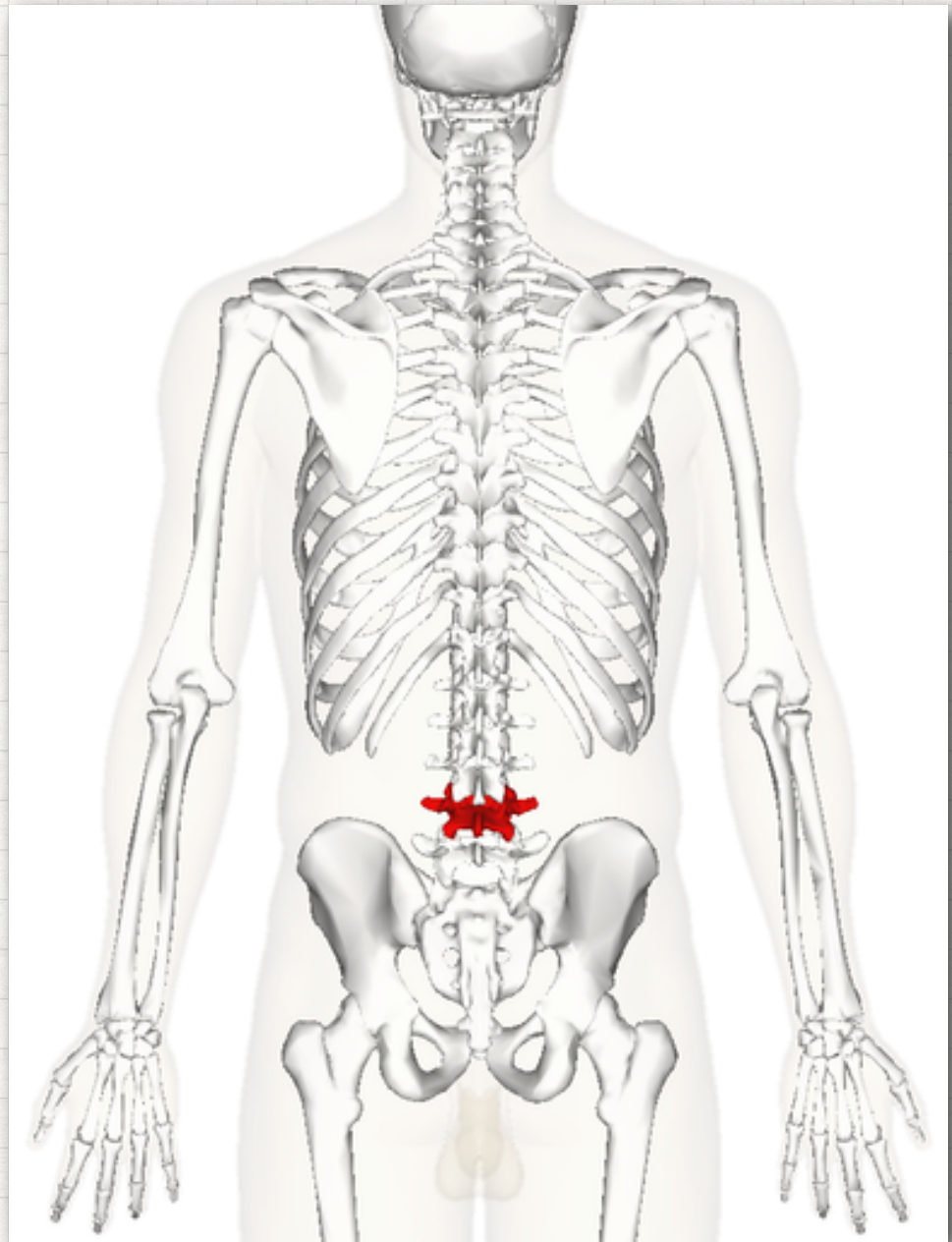


ANATOMY #4

Range of Motion & Basic Boney Landmarks

JOINT RANGE OF MOTION



TERMINOLOGY

- Spine
 - C1-C7 (Cervical Spine, aka the neck)
 - T1-T12 (Thoracic Spine, aka midback/ribcage area)
 - L1-L5 (Lumbar Spine, aka the lower back)
- *Brief Note: Cervical has multiple meanings in the human body. The word cervix is derived from the Latin root word "cervix" which means "neck." For this reason, the word cervical pertains to many areas where tissues narrow to a neck-like passage, and not only in your neck. (<https://www.verywellhealth.com/cervical-defined-3157057>)*

LUMBAR SPINE

- Rotation
 - L1 through L4, 2 degrees
 - L4 - L5, 5 degrees
- Extension: 25 degrees
- Flexion: 60 degrees
- Lateral Flexion
 - 25 degrees

THORACIC SPINE

- **Rotation**
 - 30 Degrees
- **Extension**
 - 25 - 45 Degrees
- **Flexion**
 - 20 - 45 Degrees
- **Lateral Rotation**
 - 20 - 40 Degrees

CERVICAL SPINE

- 50 Degrees Flexion
- 60 Degrees Extension
- 45 Degrees Lateral Flexion
- 80 Degrees Rotation

SHOULDER

- Abduction - 180 degrees
- Adduction - 30-50 degrees
- Flexion - 180 degrees
- Extension - 45-60 degrees
- Internal Rotation - 70-90 degrees
- External Rotation - 90 degrees

HIP

- Flexion 110 - 120
- Extension 10 - 15
- Abduction 30 - 50
- Adduction 25 - 30
- Internal Rotation 30 - 40
- External Rotation 40 - 60

WRIST

- 70 - 90 Flexion
- 65 - 85 Extension
- 25 - 40 Ulnar Deviation
- 14 - 25 Radial Deviation

KNEE

- Extension 0
- Flexion 135

SACROILIAC JOINT

- 1- 4 degrees of Rotation
- 1.5 degrees Translation

RESOURCES FOR RANGE OF MOTION (ROM)

- Range of Motion Evaluation Chart: <https://www.dshs.wa.gov/sites/default/files/forms/pdf/13-585a.pdf>

BONE SIZE

BODY-TYPES & YOGA PRACTICE



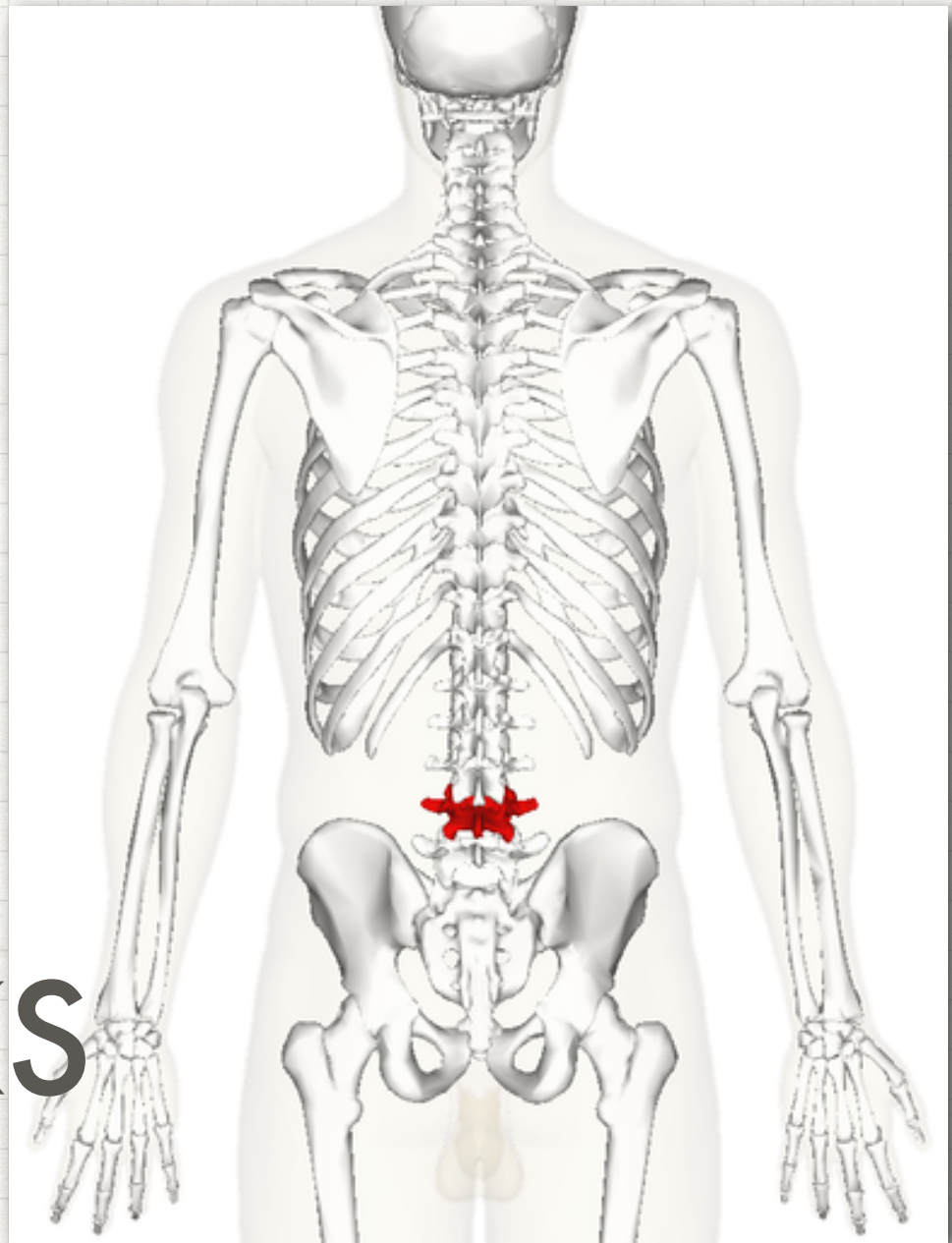
Two Left Femurs. The inclination of the neck is 40 degrees different. The ability to abduct would be 40 degrees different.

<https://paulgrilley.com/bone-photos/>

MOVEMENT VS. EXERCISE

<https://youtu.be/eeN8efGa6C0>

BASIC
BONEY
LANDMARKS



BONEY LANDMARKS RESOURCES

- Boney Landmark Review Guide (shown with the slideshows on the student resources page for this week)
- A Few Boney landmarks: <https://www.youtube.com/watch?v=Lgtmq7mgYa4>