

Average Ranges of Motion
 American Academy of Orthopaedic Surgeons

| JOINT | MOVEMENT | RANGE |
|----------------|-------------------|--|
| Shoulder | Flexion | 0-180 |
| | Extension (hyper) | 0-60 |
| | Abduction | 0-180 |
| | Medial rotation | 0-70 |
| | Lateral rotation | 0-90 |
| Elbow | Flexion | 0-150 |
| | Extension | 0 |
| Wrist | Extension | 0-70 |
| | Flexion | 0-80 |
| | Radial deviation | 0-20 |
| | Ulnar deviation | 0-30 |
| Thumb CMC | Abduction | 0-70 |
| | Flexion | 0-15 |
| | Extension | 0-20 |
| | Opposition | Tip of thumb to base or tip of fifth digit |
| Thumb MCP | Flexion | 0-50 |
| Thumb IP | Flexion | 0-80 |
| Digits 2-5 MCP | Flexion | 0-90 |
| PIP | Flexion | 0-90 |
| DIP | Flexion | 0-90 |
| | Hyperextension | 0-10 |
| Hip | Flexion | 0-120 |
| | Extension (hyper) | 0-30 |
| | Abduction | 0-45 |
| | Adduction | 0-30 |
| | Lateral rotation | 0-45 |
| | Medial rotation | 0-45 |
| Knee | Flexion | 0-135 |
| Ankle | Dorsiflexion | 0-20 |
| | Plantarflexion | 0-50 |
| Ankle/Foot | Inversion | 0-35 |
| | Eversion | 0-15 |