


Common Range of Motion Testing Positions

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This document shows some of the most common Range of Motion testing positions you'll use with your patients during your Telehealth sessions. You can share this document with your patients to provide them with a visual reference make sure they perform the movement correctly.

To give them an even better view, you can also share videos of these techniques using the MedBridge Home Exercise Program. Simply search for the name of the exercise in the MedBridge HEP builder, add it to a program, and assign it to your patient.

Lumbar Spine

Flexion Forward Fold with Feet Together and Bent Legs	Extension Standing Lumbar Extension	Sidebend Standing Sidebends	Rotation Standing Lumbar Rotation Stretch
			

Cervical Spine

Flexion Seated Cervical Flexion AROM	Extension Seated Cervical Extension AROM	Sidebend Seated Cervical Sidebending AROM	Rotation Neck Rotation
