

Name: _____

Date: _____

Range of Motion Exercises (ROM)

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

external rotation

internal rotation

plantar flexion

hyperextension

dorsiflexion

supination

pronation

extension

adduction

abduction

rotation

flexion