

# QUESTIONNAIRE RANGE OF MOTION

## ELBOW/FOREARM

**Dear Patient,**

On the following pages you will find some pictures designed to measure the extent of movement in your elbow and forearm. Based on the pictures, please answer as accurately as possible for **BOTH** elbows and forearms.

**Thank you for your cooperation!**

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**Patient data:**

Name:

Date of birth:

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**Please tick as appropriate:**

Elbow affected (or elbow currently being treated):

Right

Left

Are you:

Right-handed?

Left-handed?

# QUESTIONNAIRE

## ELBOW

Please tick under **EACH** picture for **BOTH** sides if you are able to perform the elbow movement as shown.



**full extension, 0°**

Right

Left



**10° flexion**

Right

Left



**20° flexion**

Right

Left



**30° flexion**

Right

Left



**40° flexion**

Right

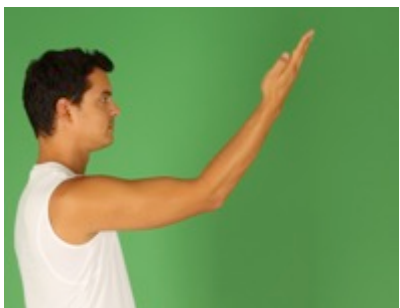
Left



**50° flexion**

Right

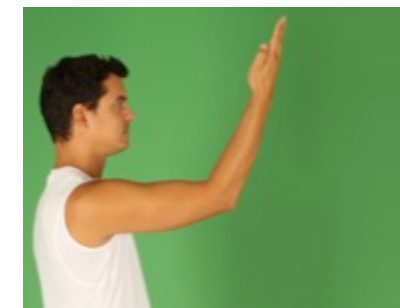
Left



**60° flexion**

Right

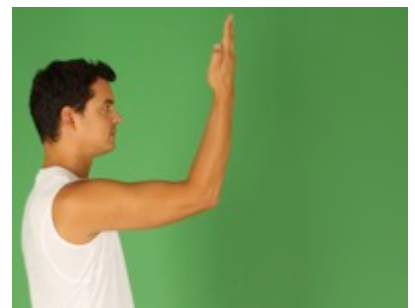
Left



**70° flexion**

Right

Left



**80° flexion**

Right

Left

# QUESTIONNAIRE

## ELBOW

Please tick under **EACH** picture for **BOTH** sides if you are able to perform the elbow movement as shown.



**90° flexion**

Right

Left



**100° flexion**

Right

Left



**110° flexion**

Right

Left



**120° flexion**

Right

Left



**130° flexion**

Right

Left



**≥ 140° flexion**

Right

Left

Comments:

# QUESTIONNAIRE

## FOREARM

Please tick under **EACH** picture for **BOTH** forearms if you are able to perform the movement as shown. Proceed as follows:

1) Hold your arm close to your side. 2) Bend your elbow at a right angle.

Outward and inward rotation of the forearm:



**≥90° outward rotation**

Right

Left



**70° outward rotation**

Right

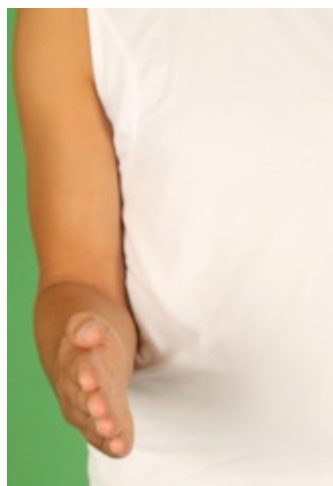
Left



**50° outward rotation**

Right

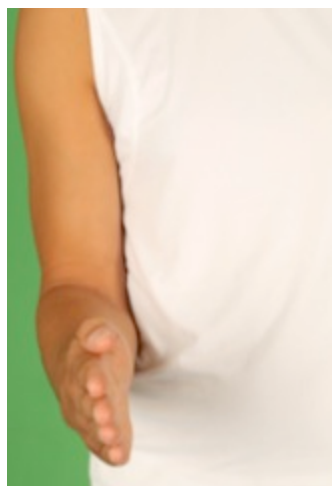
Left



**30° outward rotation**

Right

Left



**10° outward rotation**

Right

Left



**Straight, no rotation**

Right

Left

# QUESTIONNAIRE

## FOREARM

Please tick under **EACH** picture for **BOTH** forearms if you are able to perform the movement as shown. Proceed as follows:

1) Hold your arm close to your side. 2) Bend your elbow at a right angle.



**10° inward rotation**

Right

Left



**30° inward rotation**

Right

Left



**50° inward rotation**

Right

Left



**≥70° inward rotation**

Right

Left

Comments: