



## RECORDING SHEET PROFORMA FOR FINGER GONIOMETRY

Date: \_\_\_\_\_

Subject Initials: \_\_\_\_\_

Assessor Initials: \_\_\_\_\_

### Inclusion Criteria (Please tick):

- Over 18 years
- In NO pain at present
- NOT requiring surgery within 48 hours
- NO open wounds
- No infection or swelling to the hands
- Do not suffer from any condition that may restrict your shoulder or arm
- Not post-surgery within 48 hours
- NO recent trauma or fracture to the hand
- No history of upper limb trauma

HEALTHY

NON-HEALTHY

CONDITION?.....

AGE.....

SEX.....

**Position the Upper Limb for Measuring finger ROM:**

- Elbow supported on table
- Shoulder 45-60 degree flexion and neutral rotation
- Forearm neutral rotation
- Wrist 5-15 degree extension

**Instructions to the subject for Active Range of Motion assessment:**

For extension: "Straighten your fingers all the way, causing no pain"

For Flexion: "Make a fist as best as you can causing no pain".

AROM	Right Middle Finger		Left Middle Finger	
	Extn/Flexion		Extn/Flexion	
MP				
PIP				
DIP				

**Instructions to the subject for Passive Range of Motion assessment:**

"Now relax your fingers and let me move them. I will measure them passively. Tell me if I am hurting you".

PROM	Right Middle Finger		Left Middle Finger	
MP				
PIP				
DIP				