

**Client Name**  
**Standing Program - Range of Motion Chart (sample)**

Range Of Motion	Date Prior to Standing Trials	Date Before and After Standing Trial		Date Before and After Standing Trial		Date Before and After Standing Trial		Date Before and After Standing Trial		Improvement with Standing	Date 2 weeks after standing trial	Decline without Standing
		Before	After	Before	After	Before	After	Before	After			
<b><u>Cervical Spine</u></b>												
Flexion	25°							30°		+5°	20°	-10°
Extension	-5°							2°		+7°	-10°	-12°
Right side bend	10°							20°		+10°	8°	-12°
Left side bend	15°							15°		+15°	2°	-13°
Right rotation	35°							50°		+20°	30°	-20°
Left rotation	20°							40°		+20°	30°	-10°
<b><u>Thoracic Spine</u></b>		<i>Before</i>	<i>After</i>	<i>Before</i>	<i>After</i>	<i>Before</i>	<i>After</i>	<i>Before</i>	<i>After</i>			
Flexion	30°	40°	45°	45°	45°	45°	55°	50°	60°	+25°	50°	-10°
Extension	-10°	-20°	-15°	-20°	-15°	-20°	-18°	-10°	-10°	+0°	-20°	-10°
Right side bend	25°	15°	25°	20°	25°	25°	30°	30°	30°	+5°	20°	-10°
Left side bend	20°	20°	25°	25°	25°	25°	25°	30°	30°	+5°	15°	-15°
Right rotation	20°	10°	10°	15°	15°	10°	10°	20°	10°	-10°	5°	-5°
Left rotation	10°	10°	10°	10°	10°	10°	15	20°	10°	+0°	5°	-5°
<b><u>Left Lower Extremity</u></b>												
Hip flexion	75°	85°	80°	80°	85°	85°	80°	85°	85°	+10°	75°	-10°
Hip External rotation	20°	30°	35°	35°	35°	30°	30°	40°	40°	+20°	20°	-20°
Hip Internal rotation	30°	15°	20°	25°	30°	30°	25°	35°	35°	+5°	20°	-15°
Hip Abduction		25°	25°	20°	20°	15°	20°			-5°		
Hip Adduction		5°	10°	10°	12°	8°	10°			+5°		
SLR	65°	50°	60°	60°	70°	70°	80°	80°	85°	+20°	70°	-15°
Knee Extension	-40°	-40°	-20°	-20°	-10°	-15°	-10°	-10°	-5°	+35°	-40°	-35°
Dorsi Flexion	-25°	-10°	-5°	-10°	-5°	-10°	-5°	-10°	-10°	+15°	-20°	-10°
<b><u>Right Lower Extremity</u></b>												
Hip flexion	70°	90°	90°	90°	92°	90°	87°	90°	90°	+20°	85°	-5°
Hip External rotation	25°	35°	35°	35°	35°	30°	35°	40°	40°	+15°	30°	-10°
Hip Internal rotation	30°	20°	25°	20°	25°	28°	30°	30°	35°	+5°	25°	-10°
Hip Abduction		15°	15°	15°	20°	20°	18°			+3°		
Hip Adduction		5°	8°	8°	10°	12°	12°			+7°		
SLR	70°	45°	55°	60°	65°	80°	80°	80°	85°	+15°	60°	-15°
Knee extension	-40°	-35°	-20°	-20°	-15°	-15°	-10°	-10°	-5°	+35°	-30°	-25°
Ankle dorsi flexion	-25°	-20°	-15°	-20°	-15°	-15°	-15°	-15°	-10°	+15°	-20°	-10°

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		Before	After	Before	After	Before	After	Before	After			
<b><u>Cervical Spine</u></b> Flexion Extension Right side bend Left side bend Right rotation Left rotation												
<b><u>Thoracic Spine</u></b> Flexion Extension Right side bend Left side bend Right rotation Left rotation		<i>Before</i>	<i>After</i>	<i>Before</i>	<i>After</i>	<i>Before</i>	<i>After</i>	<i>Before</i>	<i>After</i>			
<b><u>Left Lower Extremity</u></b> Hip flexion Hip External rotation Hip Internal rotation Hip Abduction Hip Adduction SLR Knee Extension Dorsi Flexion												
<b><u>Right Lower Extremity</u></b> Hip flexion Hip External rotation Hip Internal rotation Hip Abduction Hip Adduction SLR Knee extension Ankle dorsi flexion												