

Critical values for passive joint range of motion CPUP for adults

Upper Extremity

	Red	Yellow		Green
Shoulder abduction	$\leq 120^\circ$	$> 120^\circ$	$< 160^\circ$	$\geq 160^\circ$
Shoulder flexion	$\leq 120^\circ$	$> 120^\circ$	$< 160^\circ$	$\geq 160^\circ$
Shoulder external rotation	$\leq 0^\circ$	$> 0^\circ$	$< 45^\circ$	$\geq 45^\circ$
Shoulder internal rotation	$\leq 0^\circ$	$> 0^\circ$	$< 40^\circ$	$\geq 40^\circ$
Elbow extension	$\leq -30^\circ$	$> -30^\circ$	$< -10^\circ$	$\geq -10^\circ$
Elbow flexion	No critical values			
Forearm supination	$\leq 45^\circ$	$> 45^\circ$	$< 80^\circ$	$\geq 80^\circ$
Forearm pronation	$\leq 45^\circ$	$> 45^\circ$	$< 80^\circ$	$\geq 80^\circ$
Wrist extension	$< 0^\circ$	$\geq 0^\circ$	$< 60^\circ$	$\geq 60^\circ$
Wrist extension (extended fingers)	$\leq -20^\circ$	$> -20^\circ$	$< 60^\circ$	$\geq 60^\circ$
Wrist flexion	No critical values			
Wrist ulnar deviation	$\geq 45^\circ, < 0^\circ$			$< 45^\circ, \geq 0^\circ$
Wrist radial deviation	$< 0^\circ$	$\geq 0^\circ$	$< 20^\circ$	$\geq 20^\circ$

Lower Extremity

GMFCS I-III	Red	Yellow		Green
Hip abduction	$\leq 30^\circ$	$>30^\circ$	$<40^\circ$	$\geq 40^\circ$
Hip internal rotation	$\leq 30^\circ$	$>30^\circ$	$<40^\circ$	$\geq 40^\circ$
Hip external rotation	$\leq 30^\circ$	$>30^\circ$	$<40^\circ$	$\geq 40^\circ$
Hip flexion	$\leq 100^\circ$	$>100^\circ$	$<110^\circ$	$\geq 110^\circ$
Hip extension	$<0^\circ$			$\geq 0^\circ$
Knee popliteal angle	$\leq 130^\circ$	$>130^\circ$	$<140^\circ$	$\geq 140^\circ$
Knee flexion	$\leq 110^\circ$	$>110^\circ$	$<120^\circ$	$\geq 120^\circ$
Knee extension	$\leq -10^\circ$	$>-10^\circ$	$<0^\circ$	$\geq 0^\circ$
Ankle Dorsiflexion (flexed knee)	$\leq 10^\circ$	$>10^\circ$	$<20^\circ$	$\geq 20^\circ$
Ankle Dorsiflexion (extended knee)	$\leq 0^\circ$	$>0^\circ$	$<10^\circ$	$\geq 10^\circ$

GMFCS IV-V	Red	Yellow		Green
Hip abduction	$\leq 20^\circ$	$>20^\circ$	$<30^\circ$	$\geq 30^\circ$
Hip internal rotation	$\leq 30^\circ$	$>30^\circ$	$<40^\circ$	$\geq 40^\circ$
Hip external rotation	$\leq 30^\circ$	$>30^\circ$	$<40^\circ$	$\geq 40^\circ$
Hip flexion	$\leq 90^\circ$	$>90^\circ$	$<100^\circ$	$\geq 100^\circ$
Hip extension	$\leq -10^\circ$	$>-10^\circ$	$<0^\circ$	$\geq 0^\circ$
Knee popliteal angle	$\leq 120^\circ$	$>120^\circ$	$<130^\circ$	$\geq 130^\circ$
Knee flexion	$\leq 90^\circ$	$>90^\circ$	$<100^\circ$	$\geq 100^\circ$
Knee extension	$\leq -20^\circ$	$>-20^\circ$	$<-10^\circ$	$\geq -10^\circ$
Ankle Dorsiflexion (flexed knee)	$\leq 0^\circ$	$>0^\circ$	$<10^\circ$	$\geq 10^\circ$
Ankle Dorsiflexion (extended knee)	$\leq -10^\circ$	$>-10^\circ$	$<0^\circ$	$\geq 0^\circ$