

**Table A-3: Recording ROM Measurements for the Lower Extremities**

Joint	Plane	ROM-0-ROM (°)	Clinical Examples	
			Text Description	SFTR Recording (°)
<b>Hip</b>	Sagittal	Extension -0- Flexion <b>(30)-0-(100)</b>	Left extends 30°, flexes 80° Right extends 10°, flexes 60°	Left S: 30-0-80 Right S: 10-0-60
<b>Hip</b>	Frontal	Abduction -0- Adduction <b>(40)-0-(20)</b>	Left abducts 30°, adducts 10° Right abducts 20°, adducts 10°	Left F: 30-0-10 Right F: 20-0-10
<b>Hip</b>	Rotation	External -0- Internal Rotation Rotation <b>(50)-0-(40)</b>	Left external rotation 30°, Internal rotation 30° Right external rotation 20°, Internal rotation 15°	Left R: 30-0-30 Right R: 20-0-15
<b>Knee</b>	Sagittal	Extension -0- Flexion <b>(0)-0-(150)</b>	Left extends 0°, flexes 150° Right hyperextension 10°, flexes 120°	Left 5: 0-0-1 50 Right 5: 0-0-1 20
<b>Ankle</b> (Talocrural)	Sagittal	Extension -0- Flexion <b>(20)-0-(40)</b>	Left extends 10°, flexes 10° Right extends 20°, flexes 40°	Left S: 10-0-10 Right 5: 20-0-40
<b>Ankle</b> (Subtalar)	Frontal	<u>Eversion -0- Inversion</u> <b>(20)-0-(30)</b>	Left eversion 20°, inversion 30° Right eversion 10°, inversion 20°	Left F: 20-0-30 Right F: 10-0-20

\* Normal ranges are in parentheses.