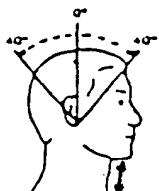
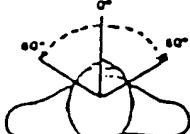
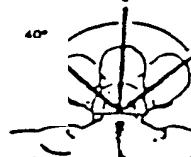
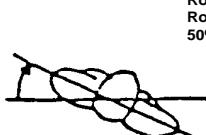
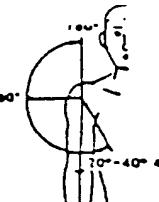
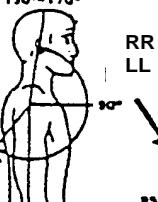
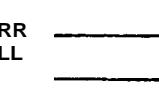
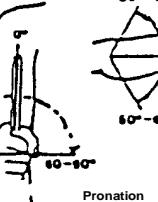
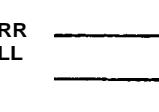
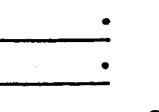
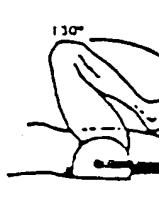
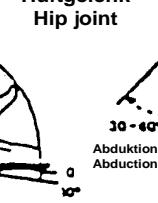
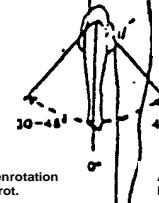
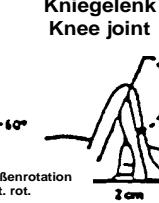
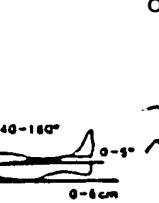
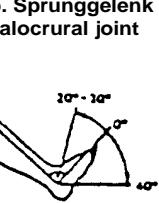


Einlegeblatt für die Neutral-O-Methode

**Messblatt für den Bewegungsapparat nach der Neutral-O-Methode.  
Measurements of locomotor system (neutral-zero method).**

Einzutragen sind nur pathologische Befunde oder Normalbefunde, die ausdrücklich vermerkt werden sollen.  
Indicate only pathological findings or normal findings that should be specifically recorded.

<b>Wirbelsäule Spine</b>		<b>Ellbogengelenk Elbow joint</b>		<b>Handgelenk Wrist joint</b>																															
 <b>Kinn-Jugulum Abstand</b> <b>Chin-sternum distance</b>	<b>Streckung / Beugung</b> <b>Extension / Flexion</b> $40^\circ - 0^\circ - 40^\circ$	 <b>Rotation re / li</b> <b>Rotation R / L</b> $60^\circ - 0^\circ - 60^\circ$	 <b>Seitneigung re / li</b> <b>Lateral inclination R / L</b> $40^\circ - 0^\circ - 40^\circ$																																
 <b>Schober</b> <b>Lumbar spinal mobility test</b> $5^\circ - 10^\circ - 15^\circ$	<b>cm</b>	 <b>Rotation re / li</b> <b>Rotation R / L</b> $50^\circ - 0^\circ - 50^\circ$	 <b>Seitneigung re / li</b> <b>Lateral inclination R / L</b> $30^\circ - 0^\circ - 30^\circ$																																
<b>Schultergelenk</b> <b>Shoulder joint</b>			<b>Ellbogengelenk</b> <b>Elbow joint</b>																																
 <b>Ab- / Adduktion</b> <b>Abduction / Adduction</b> $180^\circ - 0^\circ - 40^\circ$	<b>RR</b> <b>LL</b>	 <b>Rückwärts / Vorwärts</b> <b>Backwards / Forwards</b> $40^\circ - 0^\circ - 160^\circ$	<b>RR</b> <b>LL</b>	 <b>Streckung / Beugung</b> <b>Extension / Flexion</b> $10^\circ - 0^\circ - 150^\circ$	<b>RR</b> <b>LL</b>																														
 <b>Supi- / Pronation</b> $85^\circ - 0^\circ - 85^\circ$	<b>RR</b> <b>LL</b>	 <b>Supi- / Pronation</b> $85^\circ - 0^\circ - 85^\circ$	<b>RR</b> <b>LL</b>	 <b>Streckung / Beugung</b> <b>Extension / Flexion</b> $50^\circ - 0^\circ - 50^\circ$	<b>RR</b> <b>LL</b>																														
 <b>Ab- / Adduktion</b> <b>Abduction / Adduction</b> $35^\circ - 0^\circ - 25^\circ$	<b>RR</b> <b>LL</b>			 <b>Ab- / Adduktion</b> <b>Abduction / Adduction</b> $35^\circ - 0^\circ - 25^\circ$	<b>RR</b> <b>LL</b>																														
<b>Hüftgelenk Hip joint</b>		<b>Kniegelenk Knee joint</b>		<b>Ob. Sprunggelenk Talocrural joint</b>																															
 <b>Streckung / Beugung</b> <b>Extension / Flexion</b> $10^\circ - 0^\circ - 130^\circ$	 <b>Ab- / Adduktion</b> <b>Abduction / Adduction</b> $50^\circ - 0^\circ - 25^\circ$	 <b>Innenrotation</b> <b>Int. rot.</b> $30^\circ - 45^\circ$	 <b>Außenrotation</b> <b>Ext. rot.</b> $40^\circ - 60^\circ$	 <b>Streckung / Beugung</b> <b>Extension / Flexion</b> $5^\circ - 0^\circ - 150^\circ$	 <b>Streckung / Beugung</b> <b>Extension / Flexion</b> $40^\circ - 0^\circ - 25^\circ$																														
<b>RR</b> <b>LL</b>	<b>RR</b> <b>LL</b>	<b>RR</b> <b>LL</b>	<b>RR</b> <b>LL</b>	<b>RR</b> <b>LL</b>	<b>RR</b> <b>LL</b>																														
<b>Umfangmaße in cm: Circumference in cm:</b> <b>Oberarm ( 15 cm ob. Epic.lat.)</b> <b>Upper arm ( 15 cm above lateral epic.)</b> <b>Ellenbogengelenk Elbow joint</b> <b>Unterarm ( 10 cm u. Epic.lat.)</b> <b>Forearm ( 10 cm below lateral opic.)</b> <b>Handgelenk Wrist</b> <b>Mittelhand (ohne Daumen) Metacarpus (without thumb)</b>		<b>RR</b> <b>LL</b>		<b>Umfangmaße in cm: Circumference in cm:</b> <b>Oberschenkel ( 20 cm ob. inn. Knie-Gelenkspalt )</b> <b>Thigh 20 cm above medial knee-joint space</b> <b>Kniescheibenmitte Mid patella</b> <b>Unterschenkel ( 15 cm unterh. inn. Gelenkspalt )</b> <b>Lower leg (15 cm below medial joint space)</b> <b>Unterschenkel, kleinstner Umfang</b> <b>Lower leg, smallest circum- ference</b> <b>Knöchel Malleolus</b>																															
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td> </td><td> </td></tr> </table>												<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td> </td><td> </td></tr> </table>												<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td> </td><td> </td></tr> </table>											