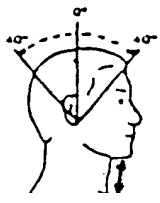


Additional page for Neutral-O-method

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

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

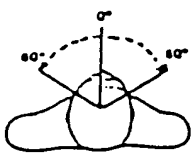
**Spine
Wirbelsäule**



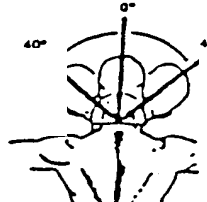
Extension / Flexion
Streckung / Beugung
40° - 0° - 40°

Chin-sternum distance
Kinn-Jugulum Abstand

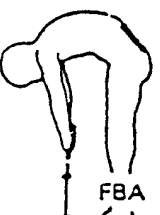
_____ cm



Rotation R / L
Rotation re / li
60° - 0° - 60°




Lateral inclination R / L
Seitneigung re / li
40° - 0° - 40°




Lumbar spinal mobility test
Schober
5° - 10° - 15°

-10- _____ cm

FBA _____ cm

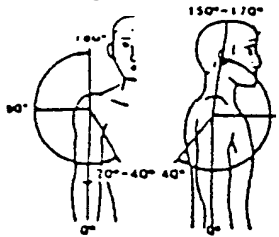


Rotation R / L
Rotation re / li
50° - 0° - 50°



Lateral inclination R / L
Seitneigung re / li
30° - 0° - 30°

**Shoulder joint
Schultergelenk**

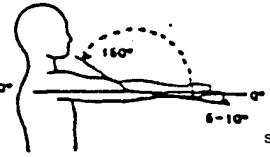


Abduction / Adduction
Ab- / Adduktion
180° - 0° - 40°

RR _____

LL _____

**Elbow joint
Ellbogengelenk**

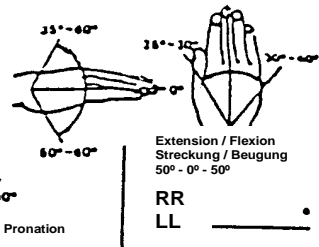


Extension / Flexion
Streckung / Beugung
10° - 0° - 150°

RR _____

LL _____

**Wrist joint
Handgelenk**

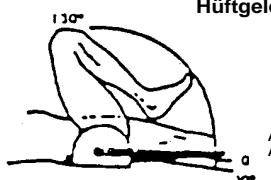


Extension / Flexion
Streckung / Beugung
50° - 0° - 50°

RR _____

LL _____

**Hip joint
Hüftgelenk**

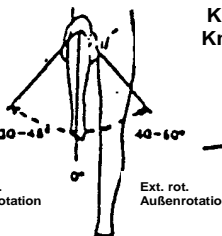


Abduction / Adduction
Ab- / Adduktion
50° - 0° - 25°

RR _____

LL _____

**Knee joint
Kniegelenk**

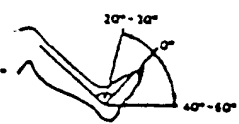


Ext. / Int. rot.
Außen- / Innenrotation
35° - 0° - 45°

RR _____

LL _____

**Talocrural joint
Ob. Sprunggelenk**



Extension / Flexion
Streckung / Beugung
40° - 0° - 25°

RR _____

LL _____

**Upper arm (15 cm above lateral epic.)
Oberarm (15 cm ob. Epic.lat.)**

**Forearm (10 cm below lateral epic.)
Unterarm (10 cm u. Epic.lat.)**

**Wrist Handgelenk
Metacarpus (without thumb)
Mittelhand (ohne Daumen)**

RR LL

**Thigh (20 cm above medial knee-joint space)
Oberschenkel (20 cm ob. Inn. Knie-Gelenkspalt)**

**Lower leg (15 cm below medial joint space)
Unterschenkel (15 cm unterh. inn. Gelenkspalt)**

**Lower leg, smallest circumference
Unterschenkel, kleinster Umfang**

Malleolus Knöchel

RR LL
