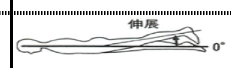
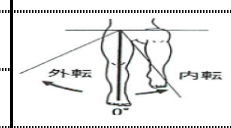
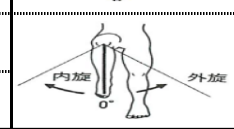
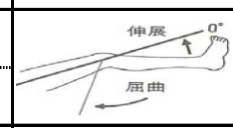
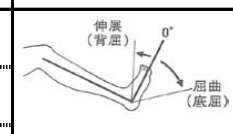
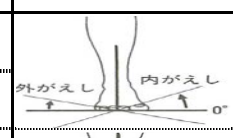
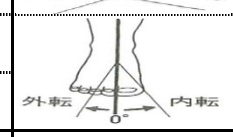
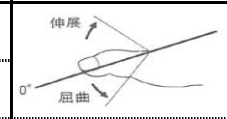
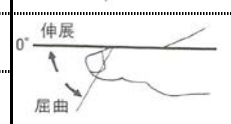
関節可動域評価表(下肢・体幹)

氏名:　　様(　　才　男・女)

部位	運動方向	正常可動域	参考図	年　月　日				年　月　日				年　月　日			
				他動 (Passive)		自動 (Active)		他動 (Passive)		自動 (Active)		他動 (Passive)		自動 (Active)	
				右	左	右	左	右	左	右	左	右	左	右	左
股	屈曲	0-125													
	膝伸展位での伸展														
	伸展	0-15													
	外転	0-45													
	内転	0-20													
	外旋	0-45													
	内旋	0-45													
膝	屈曲	0-130													
	伸展	0													
足	屈曲(底屈)	0-45													
	伸展(背屈)	0-20													
	膝伸展位での伸展														
足部	外がえし	0-20													
	内がえし	0-30													
	外転	0-10													
	内転	0-20													
拇指	MP屈曲	0-35													
	MP伸展	0-60													
	IP屈曲	0-60													
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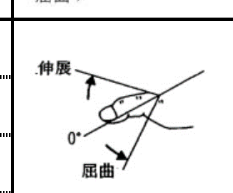
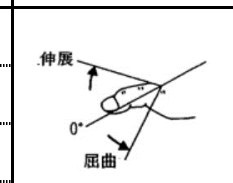
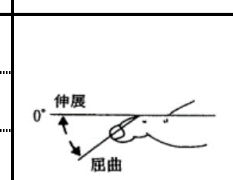
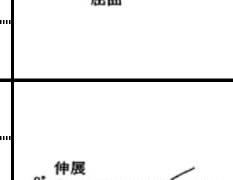
足指	MP屈曲	0-35		Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ
				Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ
				Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ
				Ⅴ	Ⅴ	Ⅴ	Ⅴ	Ⅴ	Ⅴ	Ⅴ	Ⅴ	Ⅴ	Ⅴ	Ⅴ	Ⅴ
	MP伸展	0-40		Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ
				Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ
				Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ
				Ⅴ	Ⅴ	Ⅴ	Ⅴ	Ⅴ	Ⅴ	Ⅴ	Ⅴ	Ⅴ	Ⅴ	Ⅴ	Ⅴ
	PIP屈曲	0-35		Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ
				Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ
				Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ
				Ⅴ	Ⅴ	Ⅴ	Ⅴ	Ⅴ	Ⅴ	Ⅴ	Ⅴ	Ⅴ	Ⅴ	Ⅴ	Ⅴ
	PIP伸展	0		Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ
				Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ
				Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ
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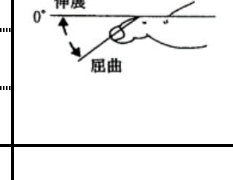
	DIP屈曲	0-50		Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ
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				Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ
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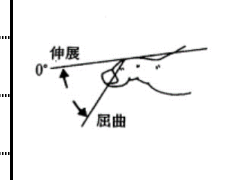
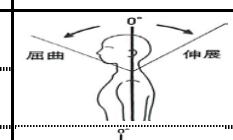
	DIP伸展	0		Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ	Ⅱ
				Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ	Ⅲ
				Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ	Ⅳ
				Ⅴ	Ⅴ	Ⅴ	Ⅴ	Ⅴ	Ⅴ	Ⅴ	Ⅴ	Ⅴ	Ⅴ	Ⅴ	Ⅴ
頸部	屈曲	0-60													
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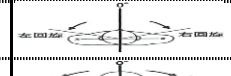
	回旋	0-60													
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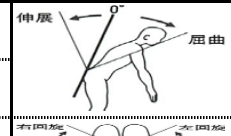
胸腰部	屈曲	0-45													
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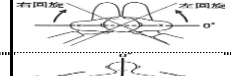
	回旋	0-40													
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