

MERENJE POKRETLJIVOSTI ZGLOBOVA

Ime i prezime: _____

Dijagnoza: _____

LEVO

DESNO

	P	A	P	A	P	A		P	A	P	A	P	A	
G i l v a r v a t							Anteflexio	0 – 40 – 45°						G i l v a r v a t
							Retroflexio	0 – 30 – 45°						
							Lateroflexio	0 – 40 – 45°						
							Rotatio	0 – 45 – 60°						
K i č m a							Anteflexio	0 – 80 – 90°						K i č m a
							Retroflexio	0 – 20 – 30°						
							Lateroflexio	0 – 20 – 35°						
							Rotatio	0 – 30 – 45°						
N a d l l a k a t							Abductio	0 – 180°						N a d l l a k a t
							Abductio(fiks.lop)	0 – 90°						
							Adductio	0°						
							Flexio (slob.lop)	0 – 180°						
							Flexio(fiks.lop)	0 – 90°						
							Extensio	0 -50°						
							Nadlkat } Rot int } 90 Rot ext u abduk.	0 - 90° 0 - 90°						
							Nadlakat u } Rot int } Rot ext							
P o d l l a k a t							Flexio	0 – 145 – 160°						P o d l l a k a t
							Extensio	0°						
							Pronatio	0 – 90°						
							Supinatio	0 – 90°						
Š a k a							Flexio volaris	0 – 90°						Š a k a
							Flexio dorsalis	0 – 70°						
							Deviatio ulnaris	0– 55-65°						
							Deviatio radialis	0 – 25°						
P a l l a c							Abductio	0 – 50°						P a l l a c
							Adductio	0°						
							Flex I fal.	0 – 60 – 70°						
							Exte I fal.	0 – 60 – 70°						
							Flex II fal.	0 – 90°						
							Exte II fal.	0°						
II p r s t							Flex I fal	0 – 90°						II p r s t
							Exte I fal.	0 – 20 – 30°						
							Flex II fal.	0 – 120°						
							Exte II fal.	0°						
							Flex III fal.	0 - 80°						
							Ext III fal.	0°						

LEVO

DESNO

	P	A	P	A	P	A		P	A	P	A	P	A	
III P r s t							Flex I fal	0 – 90°						III P r s t
							Exte I fal.	0 – 20 – 30°						
							Flex II fal.	0 – 120°						
							Exte II fal.	0°						
							Flex III fal.	0 - 80°						
							Ext III fal.	0°						
IV P r s t							Flex I fal	0 – 90°						IV P r s t
							Exte I fal.	0 – 20 – 30°						
							Flex II fal.	0 – 120°						
							Exte II fal.	0°						
							Flex III fal.	0 - 80°						
							Ext III fal.	0°						
V P r s t							Flex I fal	0 – 90°						V P r s t
							Exte I fal.	0 – 20 – 30°						
							Flex II fal.	0 – 120°						
							Exte II fal.	0°						
							Flex III fal.	0 - 80°						
							Ext III fal.	0°						
N a t k o l e n i c a							Flexio (opr.pot)	0 – 90°						N a t k o l e n i c a
							Flexio (sav.pot)	0-115 –125°						
							Extensio (opr.pot)	0-15-45°						
							Extensio (sav.pot)	0-10-15°						
							Adductio	0-45°						
							Abductio	0-45°						
							Rotatio int.	0-45°						
							Rotatio ext.	0-45°						
P o t k o l							Flexio (opr.nat)	0 -120-130°						P o t k o l
							Flexio (sav.nat)	0-130 –140°						
							Extensio (opr.nat)	0°						
							Extensio (sav.nat)	0°						
S t o p a l o							Flexio dors.(opr pot)	0-20°						S t o p a l o
							Flexio dors.(sav pot)	0-20-30°						
							Flexio plantaris	0-45°						
							Inversio	0-25-35°						
							Eversio	0-5-10°						

Primedba

1. _____ 2. _____ 3. _____
 potpis potpis potpis

Prezeto iz „Praktikum iz Kineziologije“ –S.Nikolić,S.Vučurević (2000)