

# Physical Therapy (Quickstudy: Academic)

Inc. BarCharts

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**Physical Therapy**

**General Assessment**

Key Myotome & Derivatives to Test	Myotome	Derivatives
43	Upper extremity flexion	Trunk
45	Upper extremity extension	Trunk
46	Shoulder flexion	Shoulder
47	Shoulder ab/adduction	Shoulder
48	Shoulder extension	Shoulder
49	Shoulder internal rotation	Shoulder
50	Shoulder external rotation	Shoulder
51	Elbow flexion	Elbow
52	Elbow extension	Elbow
53	Forearm pronation	Forearm
54	Forearm supination	Forearm
55	Wrist flexion	Wrist
56	Wrist extension	Wrist
57	Hand grip	Hand
58	Thumb extension	Thumb
59	Thumb flexion	Thumb
60	Index extension	Index
61	Index flexion	Index
62	Middle extension	Middle
63	Middle flexion	Middle
64	Ring extension	Ring
65	Ring flexion	Ring
66	Ulnar extension	Ulnar
67	Ulnar flexion	Ulnar
68	Distal wrist extension	Distal Wrist
69	Distal wrist flexion	Distal Wrist
70	Distal wrist pronation	Distal Wrist
71	Distal wrist supination	Distal Wrist
72	Distal wrist grip	Distal Wrist
73	Distal wrist thumb	Distal Wrist
74	Distal wrist index	Distal Wrist
75	Distal wrist middle	Distal Wrist
76	Distal wrist ring	Distal Wrist
77	Distal wrist ulnar	Distal Wrist
78	Distal wrist thumb	Distal Wrist
79	Distal wrist index	Distal Wrist
80	Distal wrist middle	Distal Wrist
81	Distal wrist ring	Distal Wrist
82	Distal wrist ulnar	Distal Wrist

**Musculoskeletal System**

Joint	Normal Range of Motion	Abnormal
Shoulder	Flexion: 180° Extension: 0° Abduction: 90° Adduction: 0° Internal rotation: 90° External rotation: 90°	Flexion: 150° Extension: 30° Abduction: 60° Adduction: 30° Internal rotation: 60° External rotation: 60°
Elbow	Flexion: 140° Extension: 0°	Flexion: 120° Extension: 30°
Wrist	Flexion: 80° Extension: 45°	Flexion: 60° Extension: 30°
Hand	Flexion: 90° Extension: 0°	Flexion: 70° Extension: 30°
Thumb	Flexion: 30° Extension: 0°	Flexion: 15° Extension: 15°
Index	Flexion: 30° Extension: 0°	Flexion: 15° Extension: 15°
Middle	Flexion: 30° Extension: 0°	Flexion: 15° Extension: 15°
Ring	Flexion: 30° Extension: 0°	Flexion: 15° Extension: 15°
Ulnar	Flexion: 30° Extension: 0°	Flexion: 15° Extension: 15°

**Key Upper Motor Neuron Signs & Syndromes**

Sign	Location
Spasticity	Upper motor neuron
Hyperreflexia	Upper motor neuron
Clonus	Upper motor neuron
Exaggerated deep tendon reflexes	Upper motor neuron
Pathologic reflexes (Babinski, Hoffmann, etc.)	Upper motor neuron
Abnormal plantar reflexes	Upper motor neuron
Abnormal gag reflex	Upper motor neuron
Abnormal swallow reflex	Upper motor neuron
Abnormal gag reflex	Upper motor neuron
Abnormal swallow reflex	Upper motor neuron

**Key Lower Motor Neuron Signs & Syndromes**

Sign	Location
Flaccidity	Lower motor neuron
Hyporeflexia	Lower motor neuron
Atrophy	Lower motor neuron
Wasting	Lower motor neuron
Loss of reflexes	Lower motor neuron
Abnormal gag reflex	Lower motor neuron
Abnormal swallow reflex	Lower motor neuron
Abnormal gag reflex	Lower motor neuron
Abnormal swallow reflex	Lower motor neuron

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Comprehensive guide on definitions and assessments related to the Physical Therapy field.