

Joint Movement Range of Motion

Joint	Joint motion	ROM
Shoulder	Flexion	150-180 degrees <i>In deep water, shoulder flexion should stop at 90 degrees</i>
	Extension	To neutral 0 degrees
	Hyperextension	50-60 degrees
	Abduction	180 degrees <i>In deep water, stop at 90 degrees. Shoulder impingement occurs between 80 and 120 degrees; if arms are extended to the sides for any length of time, hold at 70 degrees</i>
	Adduction	50 degrees <i>Participants often round out their shoulders when bringing palms together in front; stop at neutral 0 degrees</i>
	Horizontal abduction	130 degrees <i>Stop at 90 degrees to avoid risk of shoulder injury when working against the water's resistance</i>
Elbow	Flexion	140-150 degrees
	Extension	To neutral 0 degrees
Hip	Flexion	100-120 degrees <i>Stop at 90 degrees to avoid stress on the lower back.</i>
	Extension	To neutral 0 degrees
	Hyperextension	30 degrees
	Abduction	40-50 degrees
	Adduction	0-30 degrees
Knee	Flexion	130-150 degrees
	Extension	0-10 degrees
Ankle	Plantar flexion	40-50 degrees
	Dorsiflexion	20 degrees