

## GONIOMETER

### **TYPES:**

- Universal Goniometer
- Comes in two forms: short arm and long arm.
- Gravity Goniometer/Inclinometer
- One arm has a weighted pointer that remains vertical under the influence of gravity.
- Software/Smartphone-based Goniometer: A smartphone as a digital goniometer has several benefits like availability, ease of measurement, application-based tracking of measurements, and one-hand use.
- Arthrodiagonal Goniometer: Ideal for measuring cervical rotation, flexion Extension and lateral flexion of the cervical spine.

### Axis and Plane of Motion

- Elbow flexion movement occurs in the sagittal plane and around the frontal axis

### Testing position

- Patient is supine or seated with the hand supinated and the arm parallel to the midline of the body

### Stabilization

- Stabilize the distal end of the humerus to prevent flexion of the shoulder joint.

- Placement

## **AXIS LOCATION STATIONARY ARM MOVEMENT ARM**

lateral epicondyle of the elbow parallel with the humerus parallel with the radius

### **INDICATIONS:**

- Presence of muscle, tendon, or joint-related dysfunction.
- Establish a diagnosis
- Set treatment goals
- Evaluating progress
- Adjust treatment according to the progress
- Manufacture of braces
- Measurements for research purposes

### **CONTRAINDICATIONS:**

- Joint dislocation
- Unhealed fracture
- If movement interferes with the healing process after surgery
- Osteoporosis or areas of fragile bone (because forced measurements can lead to iatrogenic damage)
- Immediately after injury when soft tissue may be destroyed.