

# Goniometry

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**Goniometry** is the science of measuring angles. It is used to determine the active and passive range in the joint and possibly to quantify the position of the joint (for example, measuring the hyperextension position). The values are only physical. This means that it does not give information about the quality, but about the quantity of the movement performed.

## Default location

It is a very important part of goniometry. It is the position in which the joints are in the "start" position, which corresponds to their zero position.

## Default default position

(= basic anatomical position):

- head erect;
- eyes horizontal;
- chest in an intermediate position between inhalation and exhalation;
- abdominal muscles tense;
- upper limbs freely along the body, palms up;
- legs – joint stance;
- kolena extended.

## Fixation

- fixation of the proximal component – movement of only the distal part
- preventing substitution moves

## Attaching the goniometer

For the majority of joints, it is applied from the lateral side (the exceptions are the fingers and supination, pronation of the foot) and the center of the goniometer is applied to the axis of movement of the joint being examined. The fixed arm of the goniometer is then positioned parallel to the longitudinal axis with the proximal fixed segment. The moving arm of the goniometer, on the other hand, parallels the longitudinal axis with the distal moving segment.

## Measurement record

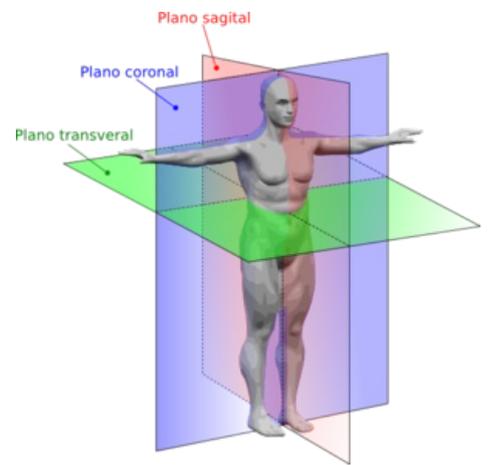
= the SFTR method, which is based on measurements in individual planes (S - sagittal, F - frontal, T - transverse, R - rotation)

The first number indicates movements directed from the body, extension and eversion, the second number is zero value and eversion, and the third number is flexion and movements directed toward the body.

## Links

## References

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Anatomical position of the body