clinical goniometer

A Simple Precision Instrument for Angular Measurement

**SHOULDER**
- Flexion & Extension

**NECK**
- Flexion & Extension

**HIP**
- Flexion & Extension

**ELBOW**
- Flexion & Extension

**MCP JOINT**
- Flexion & Extension

**WRIST**
- Flexion & Extension

**ANKLE**
- Dorsiflexion & Plantar Flexion

**KNEE**
- Flexion & Extension

**SPINE**
- Flexion & Extension
- Abduction & Adduction
- Rotation of the Flexed Shoulder
- Rotation of the Abducted Shoulder

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**Angular Measurement**

- Always in contact and hip stabilised
- Read result when the subject can be obtained
- Note: It is very difficult to determine
- Maximum accuracy is obtained by always:
  - Ensuring the goniometer does not move with respect to the back of the hand
  - Reading the dial from the bottom of the meniscus of the fluid column.

**METHOD FOR READING**

- With the head in neutral position, elbow apart (or lay upright, feet at 90° flexion).
- Laterally flex shoulder at 90°, with the subject clothed, elbow on the bed, set zero.
- Pronate or supinate the wrist, set zero.
- With the goniometer on its side, the needle is pointing.

**PRINCIPLE OF OPERATION**

- The clinical goniometer uses gravity to determine the true angle to the horizontal. The rotating dial of the compass is turned so that it lines up the needle is pointing. The clinical goniometer uses gravity to determine the true angle to the horizontal. The rotating dial of the compass is turned so that it lines up.

**GENERAL INSTRUCTIONS**

- Make sure the goniometer does not move with respect to the back of the hand.
- With the limb in the desired region of spine to be tested, the goniometer is measured.
- Note: The higher the goniometer is measured, the higher the reading.

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**TO SET ZERO**

- Stand subject at 90° flexion, feet at 90° flexion.
- Stand subject upright, feet at 90° flexion.

**TO SET TRUE ZERO**

- With the limb in the desired region, note the reading.
- With the body in the desired position, note the reading.

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Note: To be used in a sterile environment.

Closed using warm water and soap or soak and re-clean.

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