

The Brookbush Institute Publishes a NEW Glossary Term: 'Range of Motion (ROM)'

The Brookbush Institute continues to enhance education with new articles, new courses, a modern glossary, an AI Tutor, and a client program generator.

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EINPresswire.com/ -- - Excerpt from the
Glossary Term: [Range of Motion \(ROM\)](#)

- Related article: [Range of Motion \(ROM\) and Hypertrophy: Systematic Review](#)

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Range of Motion (ROM) -

<https://brookbushinstitute.com/glossary/range-of-motion-rom>

DEFINITION

Range of Motion (ROM) is the amount a bone can move around a joint. ROM can be measured in degrees with goniometry . ROM is also used to refer to the total range of motion during an exercise or movement pattern. Examples may include the depth of a squat , the height of a shoulder press , or how far someone can reach during serratus anterior activation.

- Note: There is an "optimal" range of motion for each joint. These ranges have been established via peer-reviewed and published original research studies (and are thoroughly reviewed in the courses linked below). Further, research has demonstrated that both a lack of optimal ROM and too much ROM are correlated with pain and dysfunction.

SEMANTIC CLARIFICATION

Note that joint ROM is often measured with goniometry .

- Active ROM is achieved by an individual taking a joint to end-range using their own muscular strength and is often limited by muscle extensibility.

- Passive ROM is achieved when an individual is relaxed and a joint is taken to end-range by another person, such as a physical therapist or athletic trainer. Passive range of motion often exceeds active ROM but remains limited by inherent muscle tone, non-contractile tissues, and joint anatomy.



Perform exercises through the largest ROM achievable with good form and without pain. "Good form" implies optimal alignment free from signs correlated with dysfunction, injury, or pain."

Dr. Brent Brookbush, CEO of Brookbush Institute

- Active-assisted ROM is achieved when an individual takes a joint to end-range using their own muscular strength, with additional force applied by another person to reach the joint's end-range.

EXERCISE ROM

- Full ROM: The largest ROM that can be performed during an exercise with good form and without pain.
- Partial ROM: A deliberate or load-constrained repetition of an exercise.
- Lengthened partials: Partial ROM exercise performed in the lengthened position of the target muscle.

- Shortened partials: Partial ROM exercise performed in the shortened position of the target muscle.

Frequently Asked Questions (FAQs)

What are the different types of range of motion?...

FOR THE COMPLETE ARTICLE, CLICK THE LINKS ABOVE!

Brent Brookbush

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