

Joint Movements & Mobility Quiz

1. Define Range of Motion (ROM)

2. Who uses ROM standards, and why?

3. How are joints affected by over-stretching?.

4. What are the effects of diminished ROM?

5. Why is joint mobility important in asana practice?

6. Name and describe the movements of each of these joints.

Ankles	
Knees	
Hips	
Spine	
Wrists	
Elbows	
Shoulders	
Scapula	
Neck	

7. What are the established normal ranges of motion for each joint movement

Ankles	
Knees	
Hips	
Spine	
Wrists	
Elbows	
Shoulders	
Neck	