

MUSCULOSKELETAL

Table 69. Range of Motion of Major Joints

	Flexion	Extension	Abduction	Adduction	Internal Rotation	External Rotation
Hip	120°	30°	50°	30°	35°	45°
Knee	135°	5°	0°	0°	10°	10°
Ankle	50°	20°	10°	20°	5° (eversion)	5° (inversion)
Shoulder	90°	45°	180°	45°	55°	45°
Elbow	135°	5°	0°	0°	90° (supination)	90° (pronation)
Wrist	80°	70°	20° (radial)	30° (lunar)	0°	0°

Table 70. Characteristics of Synovial Fluid

	Appearance	WBC/mm ²	% Neutrophils	% Glucose Synovial Blood
Normal	Clear	<2,000	<40	>50
Infectious	Turbid	>75,000	>75	<50
Inflammatory (JRA, SLE)	Clear/Turbid	5,000–75,000	50	≥50
Traumatic	Bloody/Clear	<5,000	<50	>50

Table 71. Relationship Between Short Stature, Bone Age, and Growth Velocity^a

Bone age delayed—normal growth velocity	Constitutional short stature
Bone age normal—normal growth velocity	Genetic short stature
Bone age delayed—delayed growth velocity	Organic diseases

^aVelocity = the rate of growth during a year.