

Trends of Active Range of Motion at Three Important Joints in School-going Boys of Amritsar, Punjab

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ABSTRACT The present study deals with the measurements of active ranges of motion at knee flexion, elbow flexion, shoulder flexion, shoulder extension, shoulder abduction, shoulder medial rotation and shoulder lateral rotation in 360 randomly selected, normal healthy school going boys of Amritsar aged 6-17 years. A double armed goniometer was applied to measure the ranges of motion of the subjects. The findings of the study show a gradual decrease of ranges of motion in knee flexion, elbow flexion, shoulder flexion, shoulder extension, shoulder abduction, shoulder medial rotation and shoulder lateral rotation from age group 6+ years to 17+ years.

with neighbouring tribes like the Bagatha and Konda Dora in most of the dermatoglyphic characters studied.