

## VA Joint Range of Motion Worksheet

### Federal Regulations Title 38 - Pensions, Bonuses & Veterans Relief

General Rating Formula for Spine		Normal	Veteran	Rounded
<b>Cervical Neck</b>	Flexion	45		
	Extension	45		
	Right Lateral Flexion	45		
	Left Lateral Flexion	45		
	Right Rotation	80		
	Left Rotation	80		
		340	Total:	

Rating%	General Rating Formula for Spine
40%	Unfavorable ankylosis entire cervical spine
30%	Flexion 15 or less or favorable ankylosis entire cervical spine
20%	Flexion 15 to 30 or combined ROM not greater than 170 degrees, or
20%	Spasm> abnormal spinal contour: scoliosis, reversed lordosis, or kyphosis
10%	Flexion 30 to 40 or combined ROM 170 to 335, or
10%	Spasm> localized tenderness but not abnormal spinal contour
10%	Vertebral body fracture with loss of 50% or more in height

<b>Thoraco Lumbar Back</b>	Flexion	90		
	Extension	30		
	Right Lateral Flexion	30		
	Left Lateral Flexion	30		
	Right Rotation	30		
	Left Rotation	30		
		240	Total:	

50%	Unfavorable ankylosis entire thoracolumbar spine
40%	Flexion 30 or less or favorable ankylosis entire thoracolumbar spine
20%	Flexion 30 to 60 or combined ROM not greater than 120, or
20%	Spasm> abnormal gait or spinal contour: scoliosis, reversed lordosis, or kyphosis
10%	Flexion 60 to 85 or combined ROM 120 to 235 or
10%	Spasm> localized tenderness but not abnormal gait or spinal contour
10%	Vertebral body fracture with loss of 50% or more in height

		Normal	Right	Left
<b>Shoulders</b>	Flexion	180		
	Extension	50		
	Abduction/Pronation	180		
	Adduction	40		
	Internal Rotation	90		
	External Rotation	90		
<b>Elbows</b>	Flexion	145		
	Extension	0		
	Pronation	80		
<b>Hands</b>	Supination	85		
	Palmar Flexion	80		
	Dorsiflexion/Extension	70		
	Radial Deviation	20		
<b>Hips</b>	Ulnar Deviation	45		
	Flexion	125		
	Extension	30		
	Abduction	45		
	Adduction	25		
	Internal Rotation	40		
<b>Knees</b>	External Rotation	60		
	Flexion	140		
<b>Ankles</b>	Extension	0		
	Plantar Flexion	45		
	Dorsiflexion/Extension	20		
	Inversion	20		
	Eversion	10		

Diseases and Injuries of the Spine		
5235	Vertebral fracture or dislocation	
5236	Sacroiliac injury and weakness	
5237	Lumbosacral or Cervical Strain Based on incapacitating episodes in the last 12 months	
	60%	6 weeks +
	40%	4 to 6 weeks
	20%	2 to 4 weeks
	10%	1 to 2 weeks
5238	Spinal stenosis	
5239	Spondylolisthesis	
5240	Ankylosing spondylitis	
5241	Spinal fusion	
5242	Degenerative arthritis of the spine	
5243	Intervertebral Disc Syndrome Based on incapacitating episodes in the last 12 months	
	60%	6 weeks +
	40%	4 to 6 weeks
	20%	2 to 4 weeks
	10%	1 to 2 weeks

Cervical Spinal Nerves (Complete Paralysis/Incomplete Severe/Moderate/Mild)		
8510	Upper radicular group C5 & C6 (Major: 70/50/40/20 Minor: 60/40/30/20)	
8511	Middle radicular group C7 (Major: 70/50/40/20 Minor: 60/40/30/20)	
8512	Lower radicular group C8 & T1 (Major: 70/50/40/20 Minor: 60/40/30/20)	
8513	All radicular groups C5 thru T1 (Major: 90/70/40/20 Minor: 80/60/30/20)	

Lumbar Spinal Nerves (Complete Paralysis/Incomplete Severe & Atrophy/Moderate Severe/Moderate/Mild)		
8520	Sciatic nerve L2 thru S1 (Right or Left Leg: 80/60/40/20/10)	