

Pick the pictures that show the most the elbow will straighten and bend.



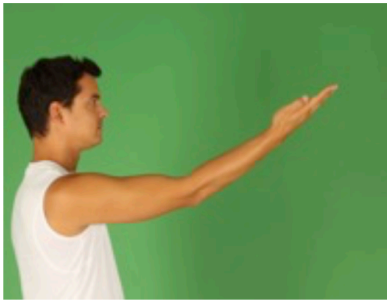
full extension, 0°



10° flexion



20° flexion



30° flexion



40° flexion



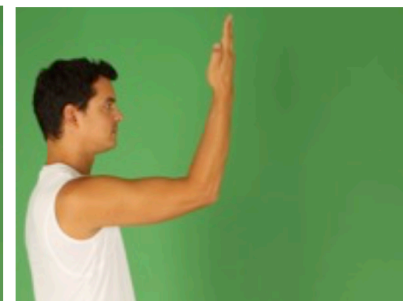
50° flexion



60° flexion



70° flexion



80° flexion



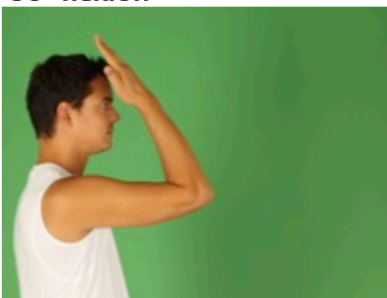
90° flexion



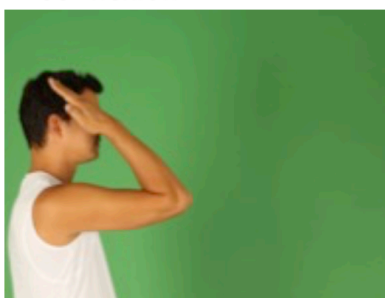
100° flexion



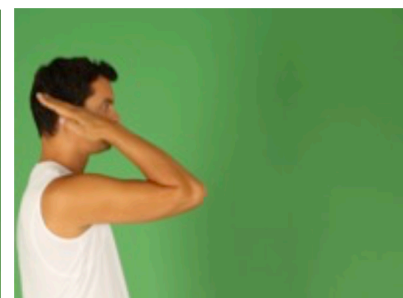
110° flexion



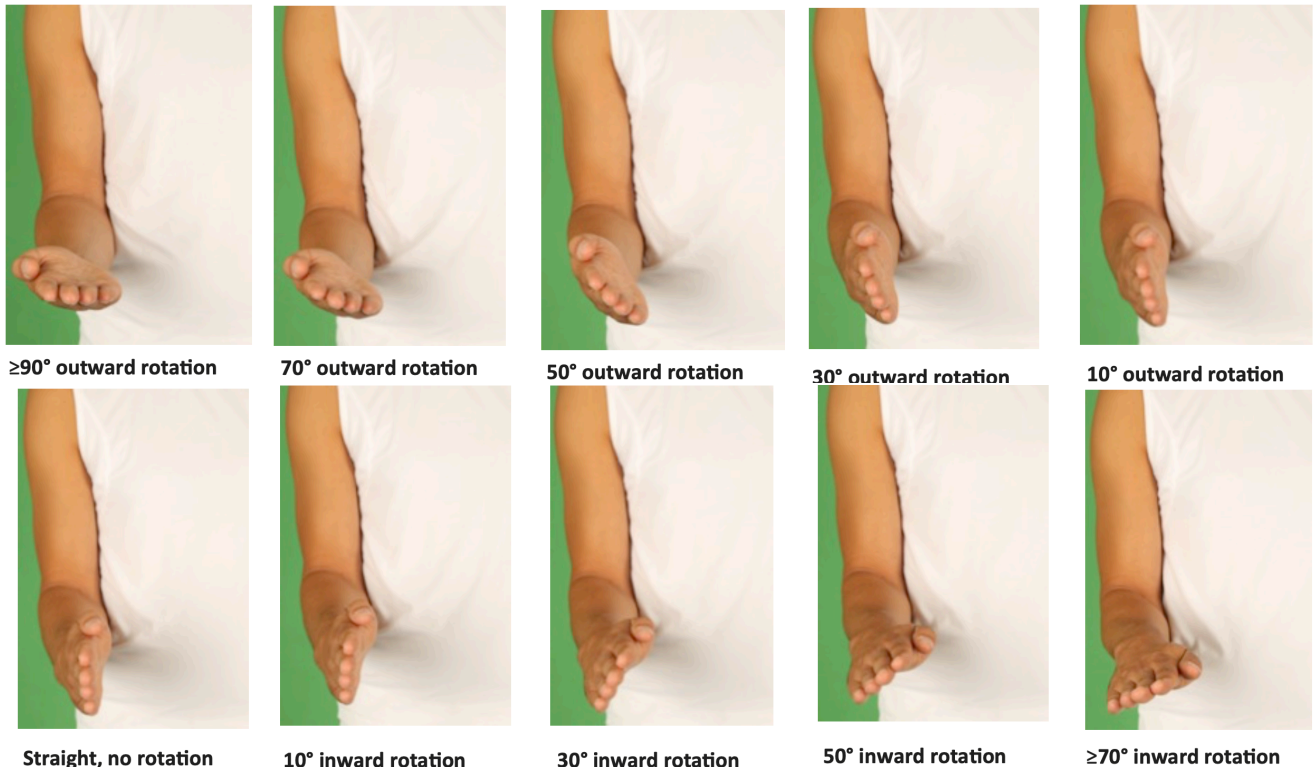
120° flexion



130° flexion



≥ 140° flexion



Pick the pictures that show the most you can turn your wrist towards the ceiling and the most you can turn your wrist towards the floor with the arm at the side.

Adapted from Schnetzke, M., Schöler, S., Keil, H. et al. Development and validation of a novel questionnaire for self-determination of the range of motion of wrist and elbow. *BMC Musculoskeletal Disord* 17, 312 (2016).