Name: […] Aktenzeichen: […]

|  |  |
| --- | --- |
| Untersuchungstag: […] | |
| Rechtshänder | Linkshänder |

**Messblatt für obere Gliedmaßen (nach der Neutral - 0 - Methode)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Schultergelenke:** | Rechts | | | | | | Links | | | | | |  | 4222_Abb 4222_Abb  seitw./körperw. rückw./vorw.  Abb. 1 Abb. 2  4222_Abb4222_Abb    Drehg. ausw./einw. Drehg. kopf-/fußwärts.  Abb. 3 Abb. 4  fghtrhtzh4zh45znf g 4222_Abb  Streck./Beugg. Drehg. ausw./einw.  Abb. 5 Abb. 6  4222_Abb  4222_Abb  handrückenw./hohlhandw. speichenw./ellenw.  Abb. 7 Abb. 8    4222_Abb 4222_Abb  Abb. 9 Abb. 10  4222_Abb 4222_Abb    Abb. 11 Abb. 12 |
| Arm seitwärts / körperwärts (Abb. 1) | […] | | […] | | […] | | […] | | […] | | […] | |  |
| Arm rückwärts / vorwärts (Abb. 2) | […] | | […] | | […] | | […] | | […] | | […] | |  |
| Arm auswärts / einwärts drehen (Oberarm anliegend) (Abb. 3) | […] | | […] | | […] | | […] | | […] | | […] | |  |
| Arm kopfwärts / fußwärts (Oberarm 90° seitwärts abgehoben) (Abb. 4) | […] | | […] | | […] | | […] | | […] | | […] | |  |
| **Ellenbogengelenke:** |  | | | | | | | | | | | |  |
| Streckung / Beugung (Abb. 5) | […] | | […] | | […] | | […] | | […] | | […] | |  |
| **Unterarmdrehung:** |  | | | | | | | | | | | |  |
| auswärts / einwärts (Abb. 6) | […] | | […] | | […] | | […] | | […] | | […] | |  |
| **Handgelenke:** |  | | | | | | | | | | | | 4222_Abb |
| handrückenwärts / hohlhandwärts (Abb. 7) | […] | | […] | | […] | | […] | | […] | | […] | |  |
| speichenwärts / ellenwärts (Abb. 8) | […] | | […] | | […] | | […] | | […] | | […] | |  |
| **Fingergelenke:** Abstände in cm: | II | III | | IV | | V | II | III | | IV | | V |  |
| Fingerkuppe von der queren Hohlhandbeugefalte (Abb. 9) | [..] | [..] | | [..] | | [..] | [..] | [..] | | [..] | | [..] |  |
| Fingerkuppe von der verlängerten Handrückenebene (Abb. 10) | [..] | [..] | | [..] | | [..] | [..] | [..] | | [..] | | [..] |  |
| **Daumengelenke:** Streckung / Beugung: |  | | | | | | | | | | | |  |
| Grundgelenk | […] | | […] | | […] | | […] | | […] | | […] | |  |
| Endgelenk | […] | | […] | | […] | | […] | | […] | | […] | |  |
| **Abspreizung (Winkel zwischen 1. und 2. Mittelhandknochen**) |  | | | | | | | | | | | |  |
| In der Handebene (Abb. 11) | 0 | | […] | | […] | | 0 | | […] | | […] | |  |
|  | | | | | | | | | | | | |  |
| Rechtwinklig zur Handebene (Abb. 12) | 0 | | […] | | […] | | 0 | | […] | | […] | |  |
|  | II | III | | IV | | V | II | III | | IV | | V |  |
| Ankreuzen, welche Langfingerkuppen mit der Daumenspitze erreicht werden können | [..] | [..] | | [..] | | [..] | [..] | [..] | | [..] | | [..] |  |
| **Handspanne:** |  | | | | | | | | | | | |  |
| Größter Abstand in cm zwischen Daumen- und Kleinfingerkuppe | […] | | | | | | […] | | | | | |  |
| **Umfangmaße in cm:** (Hängender Arm) |  | | | | | | | | | | | |  |
| 15 cm oberhalb äußerem Oberarmknorren | […] | | | | | | […] | | | | | |  |
| Ellenbogengelenk | […] | | | | | | […] | | | | | |  |
| 10 cm unterhalb äußerem Oberarmknorren | […] | | | | | | […] | | | | | |  |
| Handgelenk | […] | | | | | | […] | | | | | |  |
| Mittelhand (ohne Daumen) | […] | | | | | | […] | | | | | |  |
| **Armlänge in cm:** |  | | | | | | | | | | | |  |
| Schulterhöhe / Speichenende | […] | | | | | | […] | | | | | |  |
| **Stumpflängen in cm:** |  | | | | | | | | | | | |  |
| Schulterhöhe / Stumpfende | […] | | | | | | […] | | | | | |  |
| Äußerer Oberarmknorren / Stumpfende | […] | | | | | | […] | | | | | |  |