

Capsular patterns

Passive movements – limited and painful

Shoulder

Passive lat rot +++

Passive abd++

Passive med rot +

All 3 movements affected

Elbow

Passive flexion more limited than extension – 3:1

Wrist

Equal limitation of flexion and extension

Hip

Passive med .rot most affected +++

Passive flex –ext- abd less limited ++ - these movements can vary somewhat

Adduction and lateral rotation free movements

Knee

Passive flexion more limited than extension 10:1

Ankle

Passive plantar flexion slightly more limited than dorsal flexion

Subtalar

Passive varus limited- ends up in valgus position

Mid tarsal

Limitation of passive supination and adduction-

The foot ends up in a pronated and abducted position

The Spine

Completely symmetrical pattern where all movements are affected- flexion the least