Supplementary Digital Content 1. Normal ROM values according to AAOS.

Extremity	Joints	POM	normal ROM
	Neck	Extension	45
		Flexion	45
		Rotation	60
		Lateral flexion	45
Upper extremity			
	Shoulder	Extension	60
		Flexion	180
		Abduction	180
		Adduction*	40
	Elbow	Extension	0
		Flexion	150
	Wrist	Extension	70
		Flexion	80
Lower extremity			
	Hip	Extension	20
		Flexion	120
		Abduction	40
		Adduction	20
	Knee	Extension	0
		Flexion	135
	Ankle	Plantarflexion	50
		Dorsiflexion	20
	Toe MTP	Extension	70
		Flexion	45
Hand			
Thumb	**CMC***	Palmar abduction	60
	CMC*	Radial abduction	60
	MCP	Flexion	50
		Extension	0
	IP	Flexion	80
		Extension	0
Dig II-V	**MCP***	Flexion	80
		Extension	0
	PIP	Flexion	90
		Extension	0
	DIP	Flexion	65
		Extension	0

Abbreviations: Range Of Motion (ROM), Planes Of Motion (POM), American Academy of Orthopedic Surgeons (AAOS)

* Shoulder adduction values were not available from AAOS and were therefore added.

** Thumb CMC abduction values were not available from AAOS and were added.

*** Finger normal ROM values were obtained from Richard and Parry. The median composite ROM data of the right fingers were used. For clarity, we displayed the median ROMs of the right index finger.