



Summary

The range of motion in our joints can affect our quality of life. Range of motion is the amount of movement we have at each joint. It is related to flexibility and is an important part of an exercise program. Understanding both active and passive ranges of motion and their importance can help to improve our flexibility and performance. Active and passive range of motion may be very different, not only from each other, but also at the joints themselves. Active range of motion means movement of a joint through its range of motion, or ROM. Passive range of motion involves someone else moving a joint.