

Capsular Patterns of Joint Restrictions

Joint	Capsular Pattern (Most Limited → Least Limited)
Upper Extremity	
Glenohumeral (Shoulder)	External rotation > Abduction > Internal rotation
Acromioclavicular	Horizontal adduction > Flexion and elevation
Sternoclavicular	All movements equally limited
Elbow	Flexion > Extension
Radioulnar (Proximal & Distal)	Supination and pronation equally limited
Wrist	Extension > Flexion > Radial deviation > Ulnar deviation
Carpometacarpal (Thumb)	Abduction > Extension > Opposition > Flexion
Metacarpophalangeal	Flexion > Extension
Interphalangeal	Flexion > Extension
Lower Extremity	
Hip	Internal rotation > Flexion > Abduction > Extension > External rotation
Knee	Flexion > Extension
Ankle (Talocrural)	Plantarflexion > Dorsiflexion
Subtalar	Inversion > Eversion
Midtarsal	Adduction and inversion > Abduction and eversion
Metatarsophalangeal	Extension > Flexion
Interphalangeal (Foot)	Flexion > Extension
Spine	
Cervical Spine	Lateral flexion > Rotation > Extension > Flexion
Thoracic Spine	Rotation > Lateral flexion > Extension > Flexion
Lumbar Spine	Lateral flexion > Rotation > Extension > Flexion
Sacroiliac	All movements equally limited
Other	
Temporomandibular (TMJ)	Lateral deviation > Opening > Protrusion

Note: ">" indicates "more limited than"