



Abbreviations and Definitions for the GO Move Website

Assisting Hand - the assisting hand is the hand that assists or helps during two handed tasks. For an individual with unilateral cerebral palsy, the assisting hand is the hand or arm of the involved side, and is typically the non-dominant hand.

Preferred Hand- the preferred hand is the hand that is used more often and typically completes the more complex task in a two handed activity. For an individual with unilateral cerebral palsy, the preferred hand or arm is the hand or arm on the non-involved side, and is typically the dominant hand.

AAROM - Active assist range of motion - When movement of the arm/hand is helped by another individual or by the other hand

AROM - Active range of motion - When a person moves the arm/hand on their own

Active Range of Motion with Resistance - When a person moves their arm or hand against resistance, such as lifting a weight.

Gravity Minimized - This is the plane of movement that is parallel to the floor

Against Gravity - This is the plane of movement that is perpendicular to the floor

Shoulder Abduction - Movement at the shoulder that brings the arm out and away from the body

Elbow Extension - Movement at the elbow that moves the forearm away from the upper arm

Forearm Supination - Movement in the forearm that turns the hand palm up

Wrist Extension - Movement at the wrist that moves the palm of the hand away from the forearm