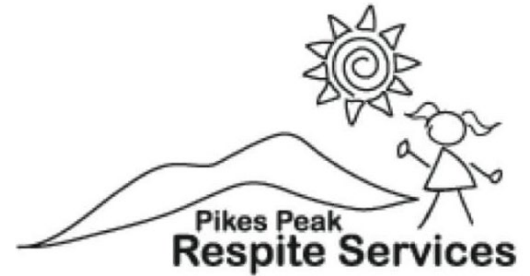


PPRS Training: Range of Motion Exercises



Range of Motion Exercises

As individuals age and/or become more disabled their physical abilities may not enable them to continue participating in common exercises. Range of motion (ROM) exercises are done to preserve flexibility and mobility of the joints on which they are performed. ROM is movement of each joint through its typical range of activity. The exercise can be either done by the patient themselves or with the assistance of another individual. These exercises reduce stiffness and will prevent or at least slow down the freezing of joints in patients with limited movement.

Each person with a mobility impairment or illness needs a program of exercise tailored to his or her individual needs and abilities. A Physical Therapist designs a personalized exercise program that is taught to the caregiver that can be followed through with daily.

Three types of ROM exercise:

Active ROM exercises- the client can do themselves because they have enough muscle strength to move their joints through complete ranges.

Self-ROM exercises- involve using a stronger arm to assist a weaker arm to perform the exercises, eliminating the need for caregiver assistance.

Passive ROM exercises- are typically done for a weaker person by a caregiver

Often a combination of the types of ROM exercises above will be used. What type of ROM exercises are most effective for an individual is best determined by a therapist who can evaluate muscle strength and tone.

Lower Extremity Passive ROM Exercises

Lower extremity passive exercises are for someone else to stretch your hips, legs, and knees if you are unable to do this yourself. These exercises should be done slowly and gently while you are lying on your back. Each exercise should be done ten times on each leg each day.

See the below descriptions on proper techniques:

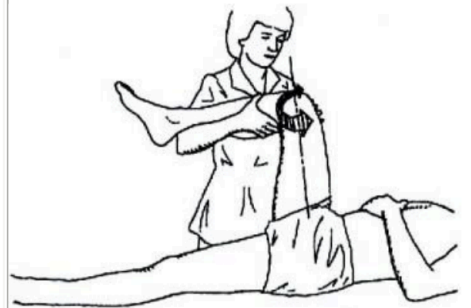
Hip and Knee Flexion

Cradle the leg by placing one hand under the bent knee. With the other hand, grasp the heel for stabilization. Lift the knee and bend it toward the chest, with the kneecap pointed toward the ceiling. Do not allow the hip to twist during this movement. The foot should stay in a straight line with the hip and not swing in or out. The leg is then lowered to the starting position.



Hip Rotation

Place one hand on the thigh and other hand just below the knee. Bend the knee halfway to the chest so that there is a 90 degree angle at the hip and knee. Pull the foot toward you and then push it away. Remember, do not go beyond the point of resistance or pain. Lower leg to starting position.



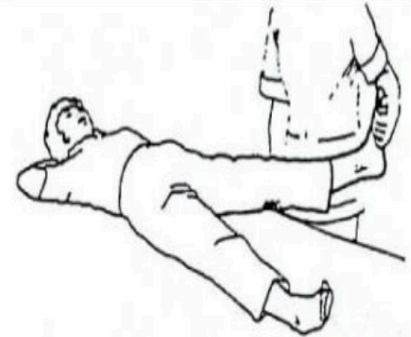
OR

Hip Abduction

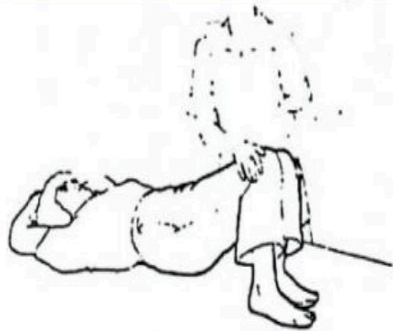
Cradle the leg by placing your hand under the knee and holding it. Place the other hand under the heel to stabilize the hip joint. Keeping the knee straight, move the leg along the surface of the bed, toward you and away from the other leg, to approximately 45 degrees. Then bring the leg back to the other leg.



Hip Abduction
(another look)



Lumbar Rotation
(another look)



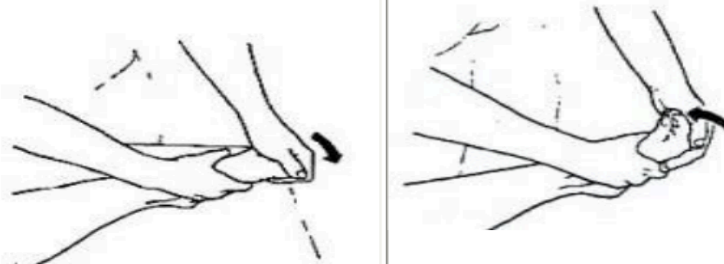
Ankle Rotation

With the knee straight and one hand holding the ankle steady, place the other hand around the foot and turn foot inward, then outward.



Toe Flexion and Extension

With one hand, stabilize the foot just below the toes. With the other hand, gently move each or all of the toes forward and backward.



Hamstring Stretch

With the knee and heel supported slowly raise the leg up, keeping the knee straight. Return to starting position.



Upper Extremity Passive ROM Exercises

Upper extremity, passive ROM exercises teach someone else how to stretch your arms if you are unable to move your arms by yourself. These exercises should be done slowly and gently and can be done with the person sitting in a chair or lying down. Do each exercise ten times.

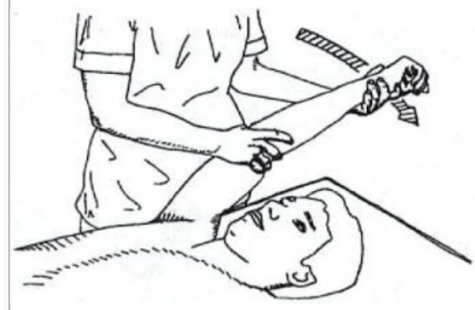
Elbow Flexion and Extension

Hold the upper arm with one hand and forearm with the other hand. Bend the arm at the elbow so that the hand touches the shoulder. Then straighten the arm all the way out.



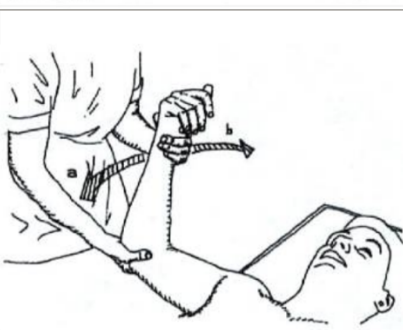
Shoulder Flexion and Extension

Hold the wrist with one hand. With the other hand, grasp the elbow joint to stabilize it. Turn the palm inward, facing the body, and keep the elbow relatively straight. Move the arm from the side of the body over the head.



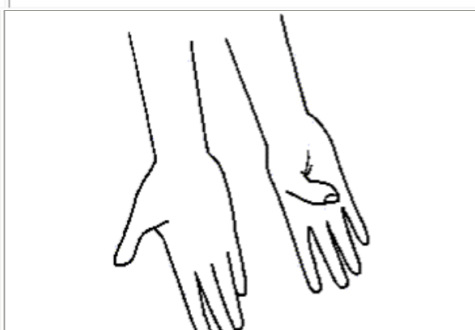
Shoulder Internal and External Rotation

Place one hand under the elbow. With your other hand, hold the forearm. Bring arm out to the side to shoulder level. Turn arm so that the hand points to the ceiling. Then turn arm back down so that hand points to floor and the upper arm is twisting in the shoulder joint.



Thumb Flexion and Extension

Move thumb to little finger. Then bend and straighten the thumb out to the side to stretch the "web space"



Finger and Wrist Flexion and Extension

Hold the forearm above the wrist with one hand and grasp the fingers with your other hand. Holding the hand in this way, bend the wrist back, about 90 degrees, while straightening the fingers out. Then bend the wrist the opposite direction,

about 90 degrees, while curling the fingers into a fist.



Sourced from https://alsworldwide.org/assets/misc/RANGE_OF_MOTION_EXERCISES_WITH_PHOTOS_copy.pdf

Sourced from <http://www.spiritlakeconsulting.com/DA/adults/ROM.html>