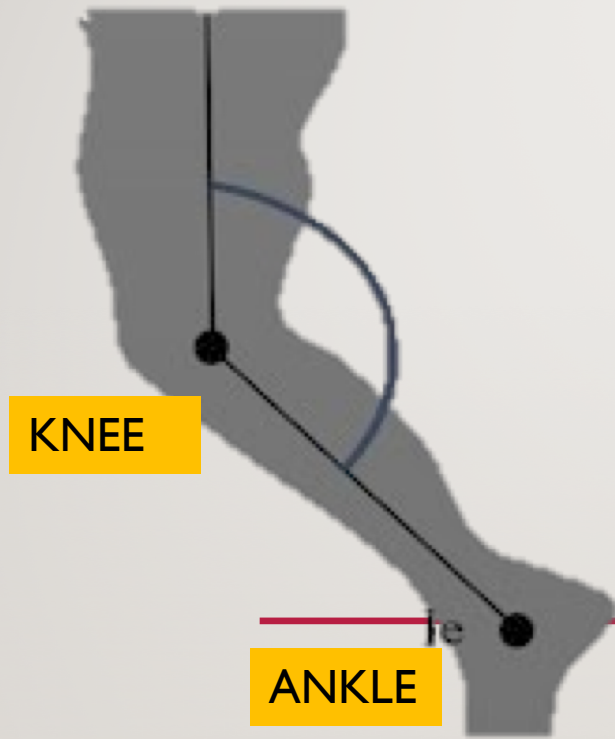
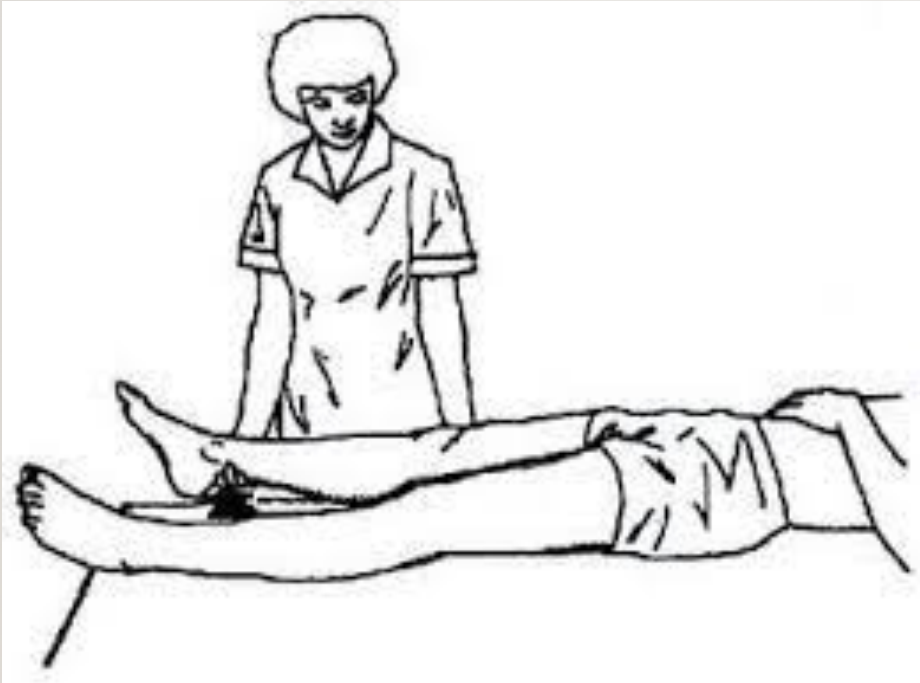


PASSIVE RANGE OF MOTION FOR ONE KNEE AND ANKLE



[HTTPS://WWW.YOUTUBE.COM/WATCH?V=GINNZH4JSOE](https://www.youtube.com/watch?v=GINNZH4JSOE)

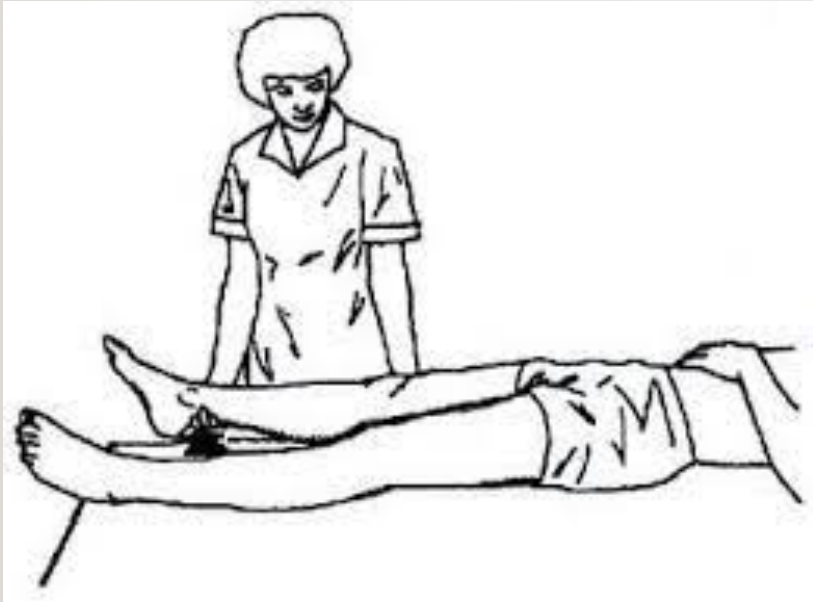
[HTTPS://WWW.YOUTUBE.COM/WATCH?V=QJDNQAGYLEY](https://www.youtube.com/watch?v=QJDNQAGYLEY)



**For the HCA skills test
the client is lying in bed
while this care is
provided.**

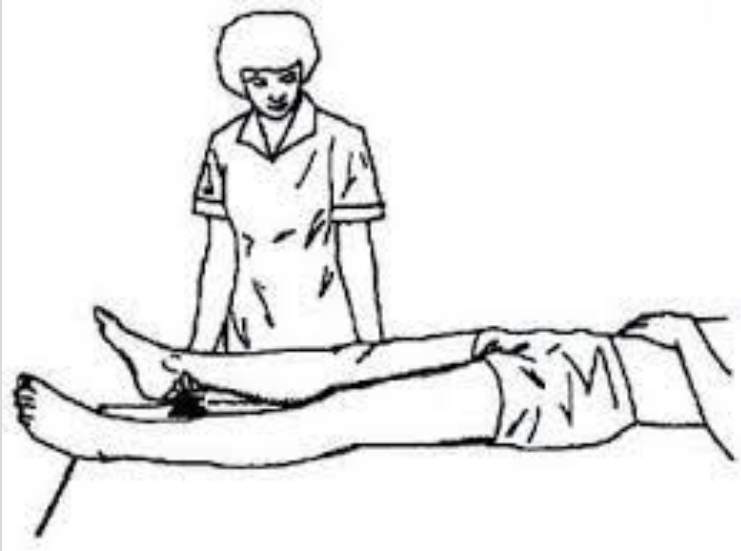
TO SUCCESSFULLY DEMONSTRATE THIS SKILL YOU NEED

- Use S.W.I.P.E.S. Communications / Client Rights and Common Care Practice Skills
 - Assemble appropriate equipment Wash hands
 - Identify yourself
 - Provide privacy
 - Explain the procedure to the patient



While supporting the **client's limb** through the following exercises, **move joint gently, slowly, and smoothly** through the range of motion **to the point of resistance**

Knee

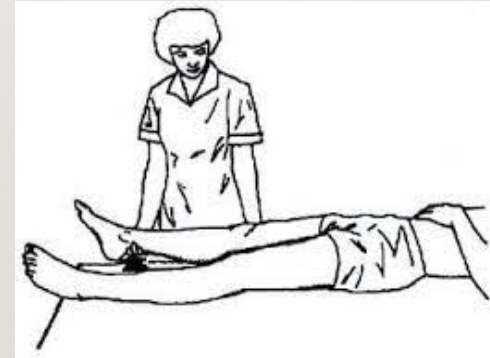
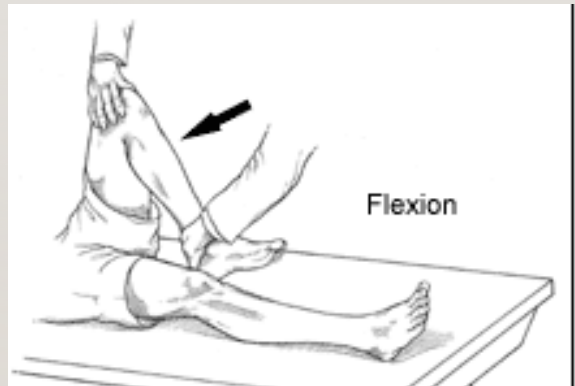
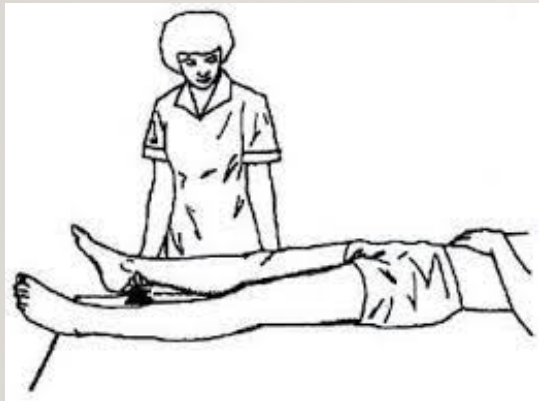


support the client's leg at knee and ankle joints, while performing range of motion for knee

Ask the client how they feel during the exercise. Stop if pain occurs

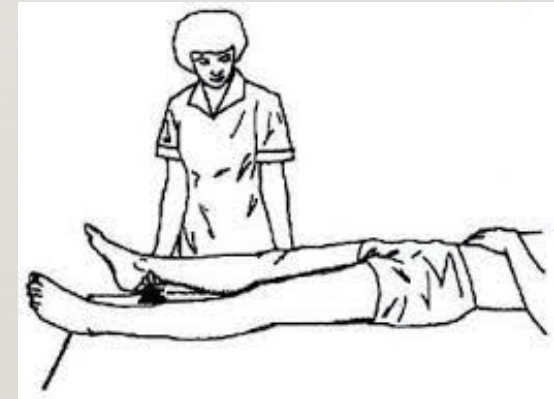
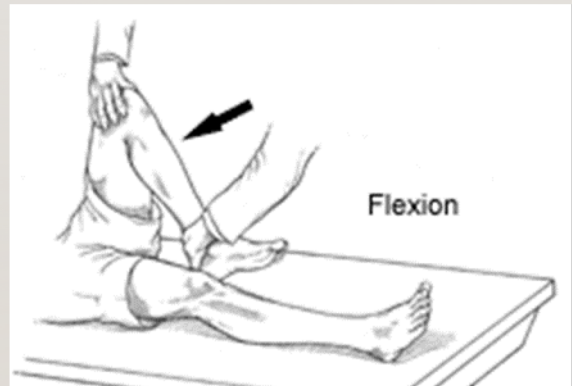
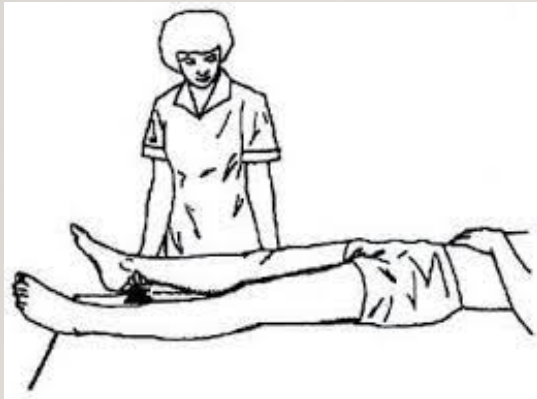
Bend the knee back to the point of resistance and then return leg flat to bed (followed by straightening knee as one repetition – knee flexion / extension). Repeat at least three (3) times

(1)



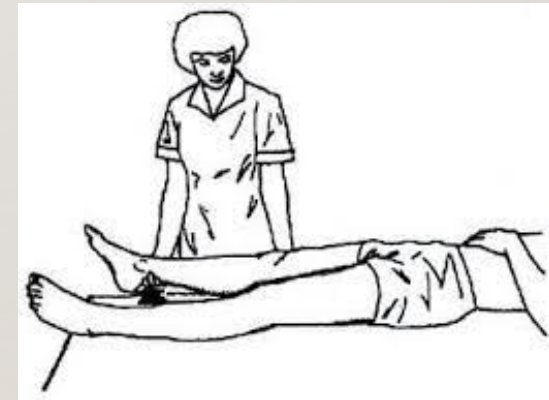
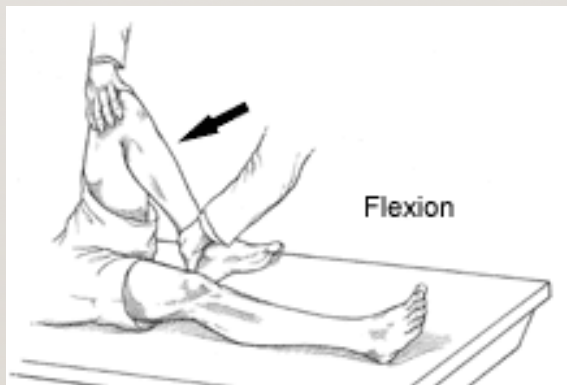
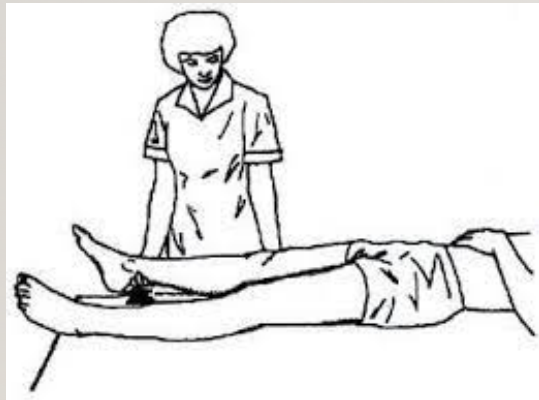
Bend the knee back to the point of resistance and then return leg flat to bed (followed by straightening knee as one repetition – knee flexion / extension). Repeat at least three (3) times

(2)



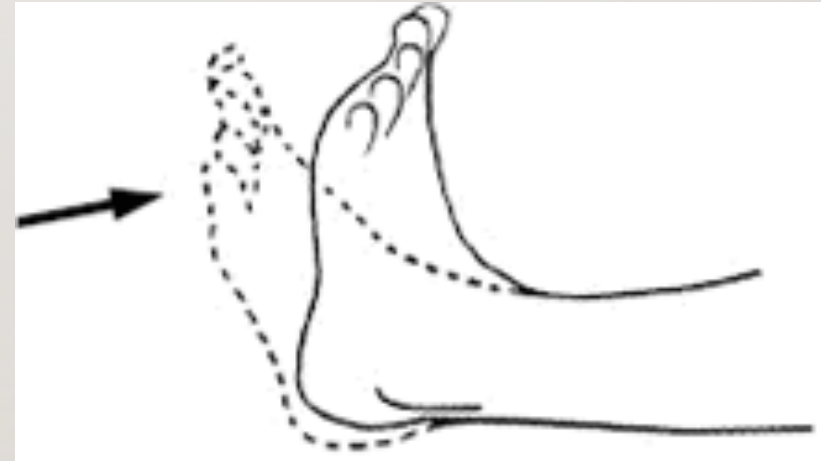
Bend the knee back to the point of resistance and then return leg flat to bed (followed by straightening knee as one repetition – knee flexion / extension). Repeat at least three (3) times

(3)

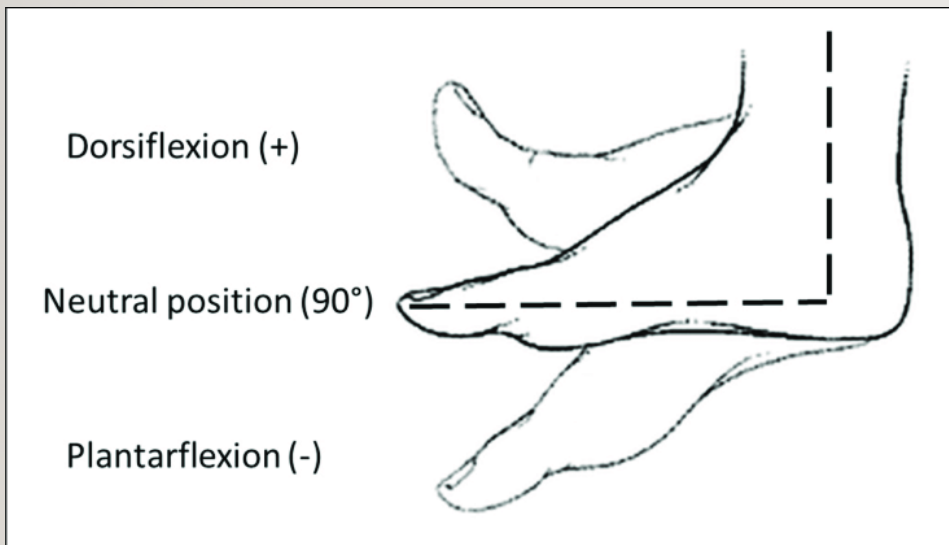


Ankle

support foot and ankle while performing range of motion for ankle



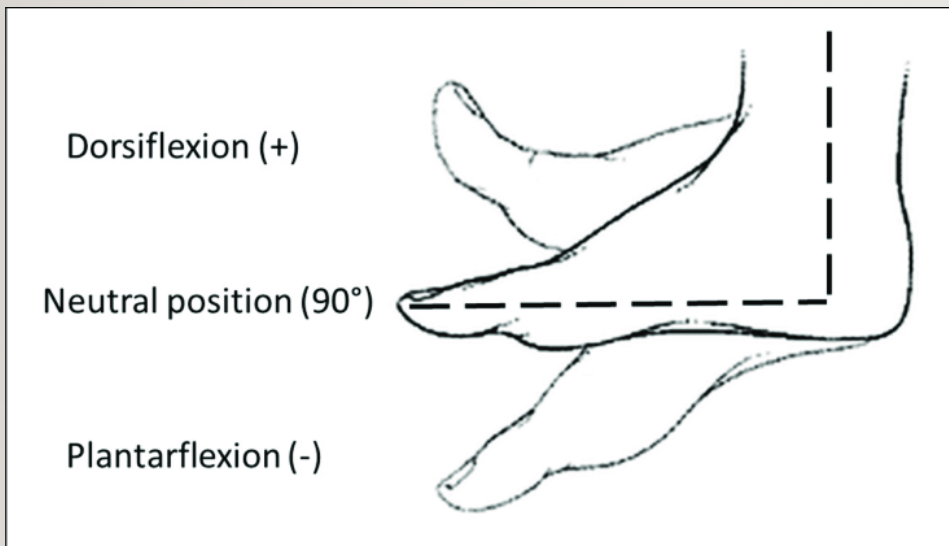
(I)



Push the foot forward towards the leg, and in a separate motion push the foot pointed down toward to the foot of bed as one repetition (ankle flexion / extension).

Repeat three (3) times

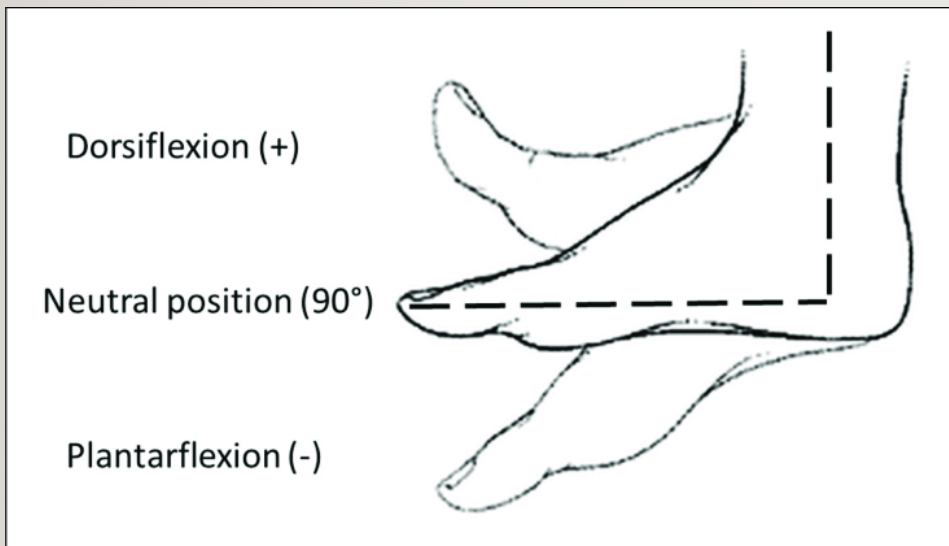
(2)



Push the foot forward towards the leg, and in a separate motion push the foot pointed down toward to the foot of bed as one repetition (ankle flexion / extension).

Repeat three (3) times

(3)



Push the foot forward towards the leg, and in a separate motion push the foot pointed down toward to the foot of bed as one repetition (ankle flexion / extension).

Repeat three (3) times

Wash hands



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