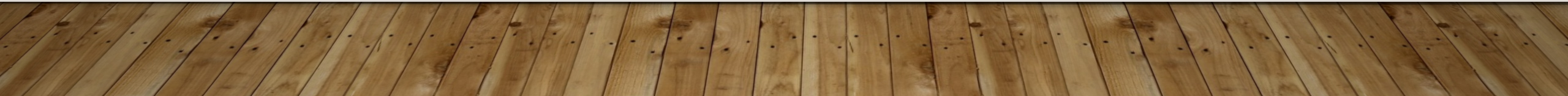


PASSIVE RANGE OF MOTION FOR ONE SHOULDER

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=XORFTJO9DGK](https://www.youtube.com/watch?v=XORFTJO9DGK)

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=ANG1KUUNZT4](https://www.youtube.com/watch?v=ANG1KUUNZT4)



For the HCA skills test

the client is lying in bed while this care is provided.

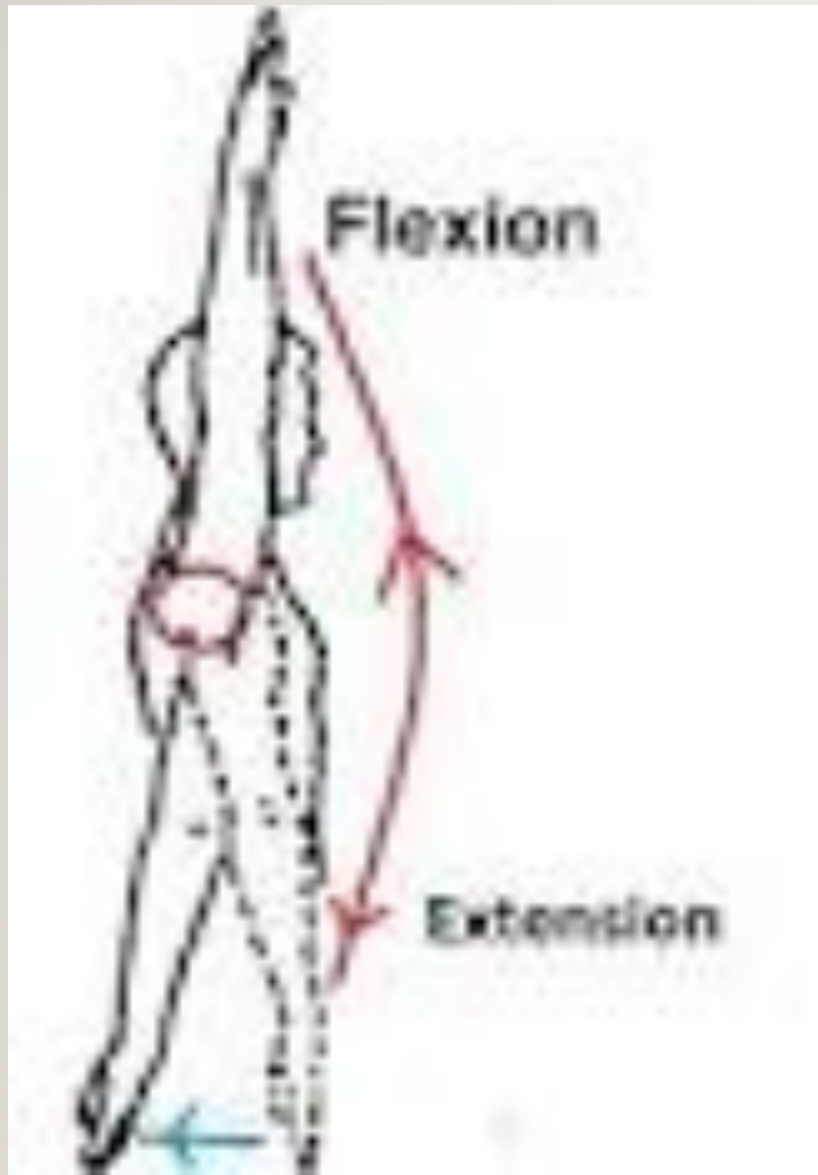
TO SUCCESSFULLY DEMONSTRATE THIS SKILL YOU NEED

- 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 limb through the following exercises, move joint gently, slowly, and smoothly through the range of motion to the point of resistance. Stop if pain occurs
 - Ask the client about their comfort level throughout the exercise. Stop if pain occurs



Support client's arm
holding under elbow
and wrist, while
performing range of
motion for shoulder



SHOLDER FLEXION AND EXTENSION

Raise client's straightened arm toward ceiling, back towards the Head of Bed (HOB) and return to a flat position as one repetition (shoulder flexion / extension).

Repeat at least three (3) times

(1)



Raise client's straightened arm toward ceiling, back towards the Head of Bed (HOB) and return to a flat position as one repetition (shoulder flexion / extension).

Repeat at least three (3) times

(2)



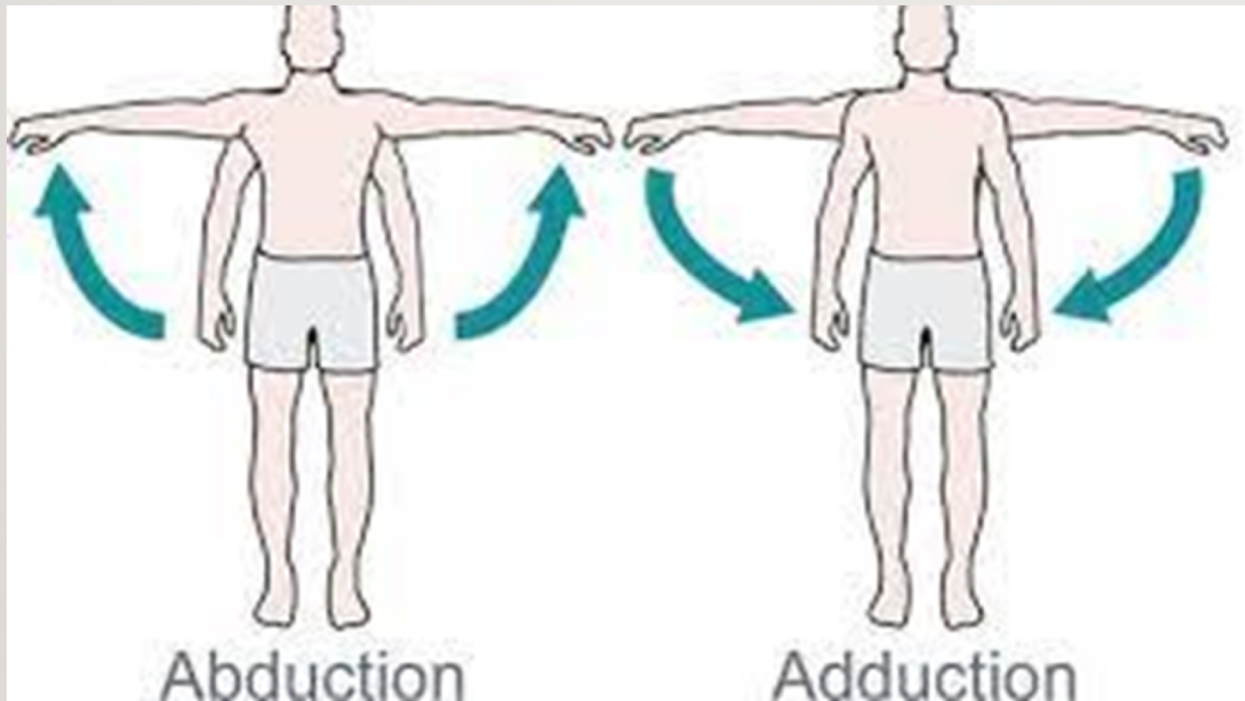
Raise client's straightened arm toward ceiling, back towards the Head of Bed (HOB) and return to a flat position as one repetition (shoulder flexion / extension).

Repeat at least three (3) times

(3)

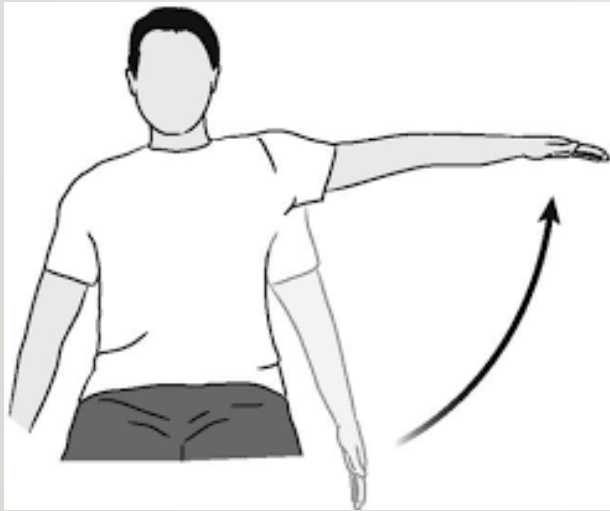


SHOULDER ABDUCTION AND ADDUCTION



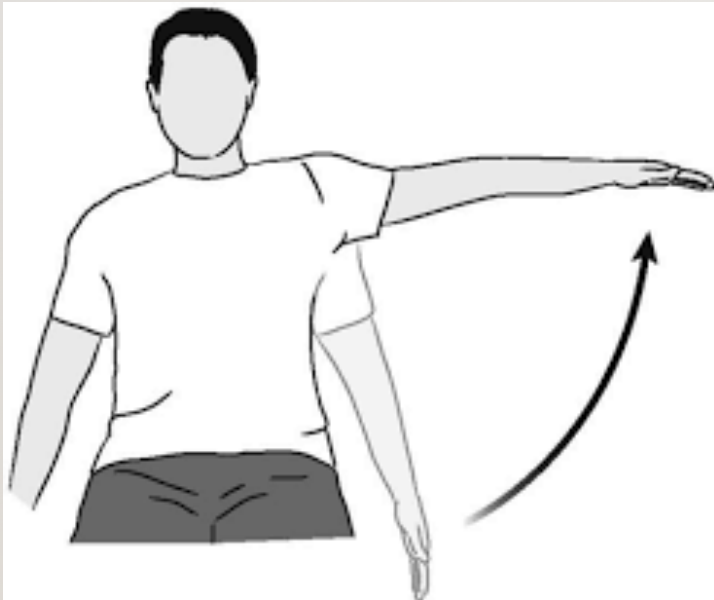
Move client's straightened arm away from side of body towards HOB and return client's straightened arm to midline of client's body as one repetition (shoulder abduction / adduction). Repeat at least three (3) times

(1)



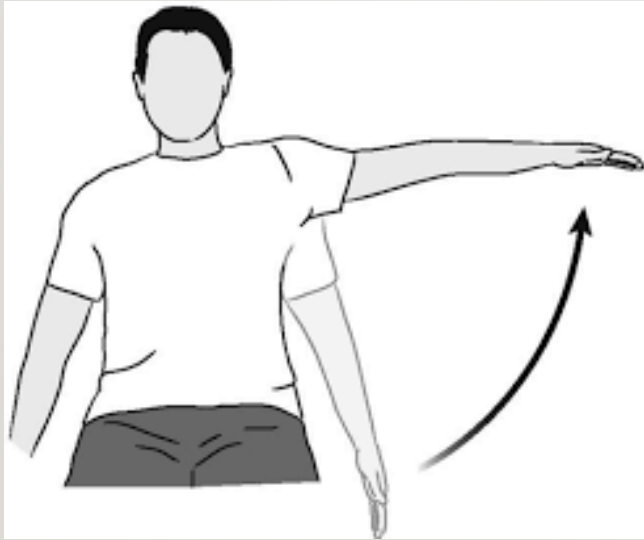
Move client's straightened arm away from side of body towards HOB and return client's straightened arm to midline of client's body as one repetition (shoulder abduction / adduction). Repeat at least three (3) times

(2)

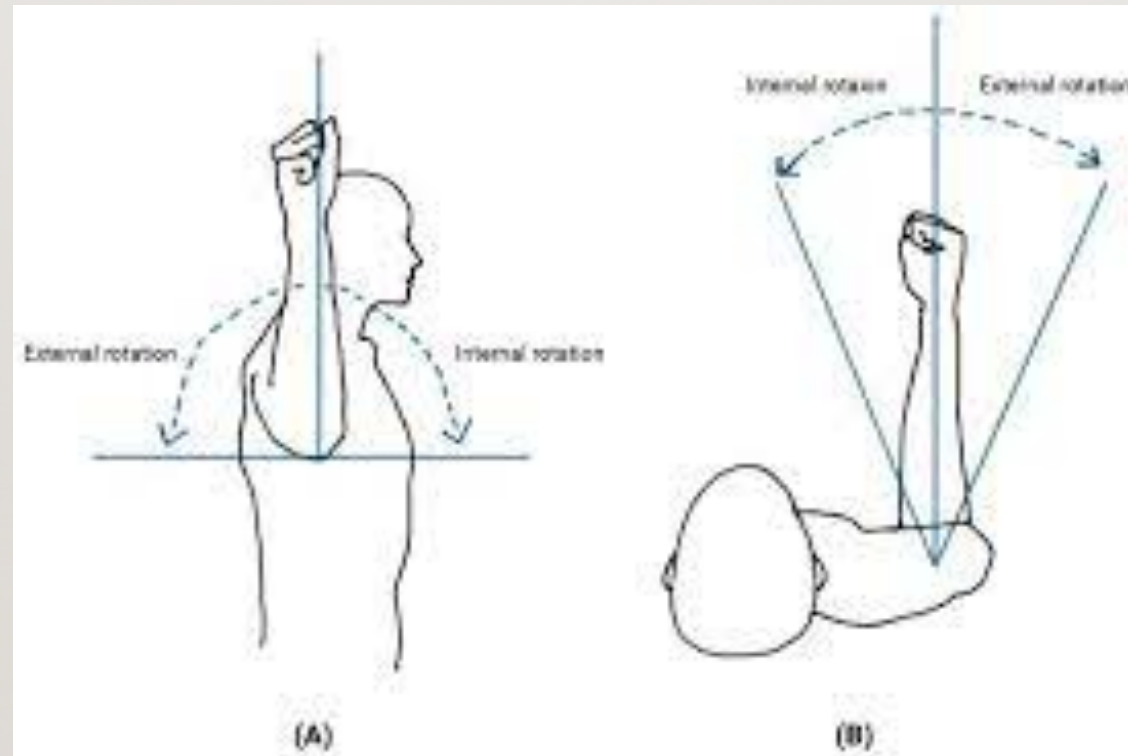


Move client's straightened arm away from side of body towards HOB and return client's straightened arm to midline of client's body as one repetition (shoulder abduction / adduction). Repeat at least three (3) times

(3)



SHOULDER ROTATION



Place client's flexed elbow at client's shoulder level, rotate forearm toward HOB and rotate forearm down towards hip. Repeat at least three (3) times

(1)



Place client's flexed elbow at client's shoulder level, rotate forearm toward HOB and rotate forearm down towards hip. Repeat at least three (3) times

(2)



Place client's flexed elbow at client's shoulder level, rotate forearm toward HOB and rotate forearm down towards hip. Repeat at least three (3) times

(3)



PUT YOUR SUPPLIES AWAY. GIVE CALL LIGHT, ANY
THINGS THAT THE CLIENTS WANTS BEFORE YOU GO.

Wash hands



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