

# RANGE OF MOTION EXERCISES

## PURPOSE

- To maintain present level of function and mobility of extremity involved.
- To prevent contractures and shortening of musculoskeletal structures.
- To prevent complications of immobility.

## APPLIES TO

- Registered Nurses
- Licensed Practical/Vocational Nurses
- Therapists
- Other (Identify): \_\_\_\_\_

## EQUIPMENT/SUPPLIES

None.

## PROCEDURE

1. Wash hands. Refer to the Hand Washing procedure.
2. Place the client in a supine (on back) position.
3. Range of motion exercises may be performed by:
  - a. Client without assistance – Active.
  - b. Client with assistance - Assistant Active.
  - c. Clinician or caregiver with no assistance from the client – Passive.
  - d. Client using resistance to work against clinician – Resistive.
4. Perform the movements slowly and smoothly. A joint should be moved only to the point of resistance, pain or spasm, whichever comes first.
5. Apply a firm, but comfortable grip on the limbs above and below the joint.
6. Use a cradle position.

7. Perform each exercise 3-10 times.
8. Observe for signs of exertion or discomfort.

### **DOCUMENTATION GUIDELINES**

1. Document in the clinical record:
  - a. Where range of motion exercise performed.
  - b. Areas of limited range and degree of limitation.
  - c. Areas of passive versus active range of motion.
  - d. Reports of pain or discomfort.

### **RELATED PROCEDURES**

None.

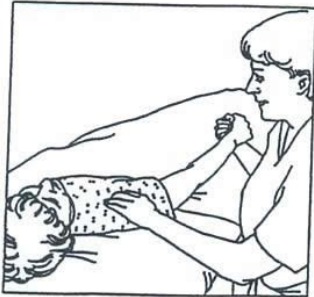
### RANGE OF MOTION



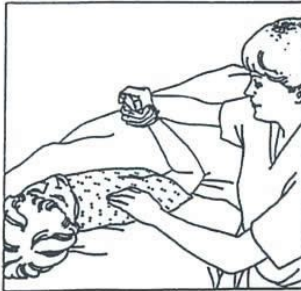
ABDUCTION



ADDUCTION



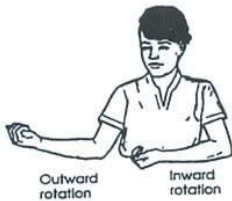
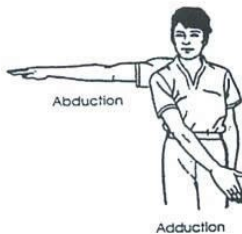
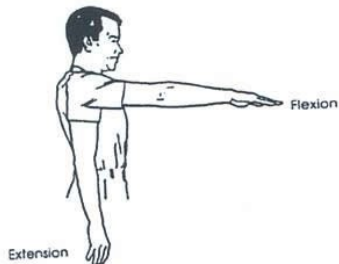
EXTENTION



FLEXION

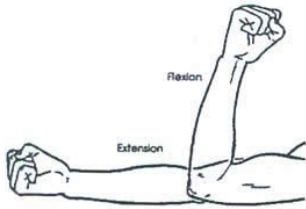
# RANGE OF MOTION

SHOULDER - ACTIVE:

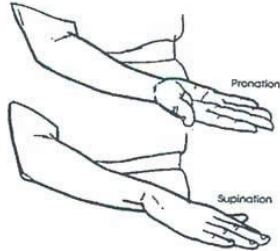


# RANGE OF MOTION

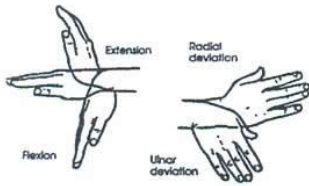
ELBOW



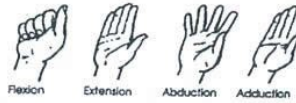
FOREARM ROTATION



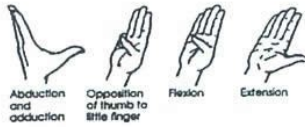
WRIST



FINGERS



THUMB



### RANGE OF MOTION

