

## **Student Exercise**

**Complete the following short answer questions.**

1. List three purposes of range of motion exercises.
  - a.
  - b.
  - c.
2. List two types of range of motion.
  - a.
  - b.
3. List five responsibilities of the In-Home Aide in giving range of motion exercises.
  - a.
  - b.
  - c.
  - d.
  - e.

**Circle the letter of the correct answer.**

4. When giving range of motion exercises, the In-Home Aide should support the joint:
  - a. at the joint with a firm grip.
  - b. below the joint.
  - c. above and below the joint.
  - d. above the joint only.