

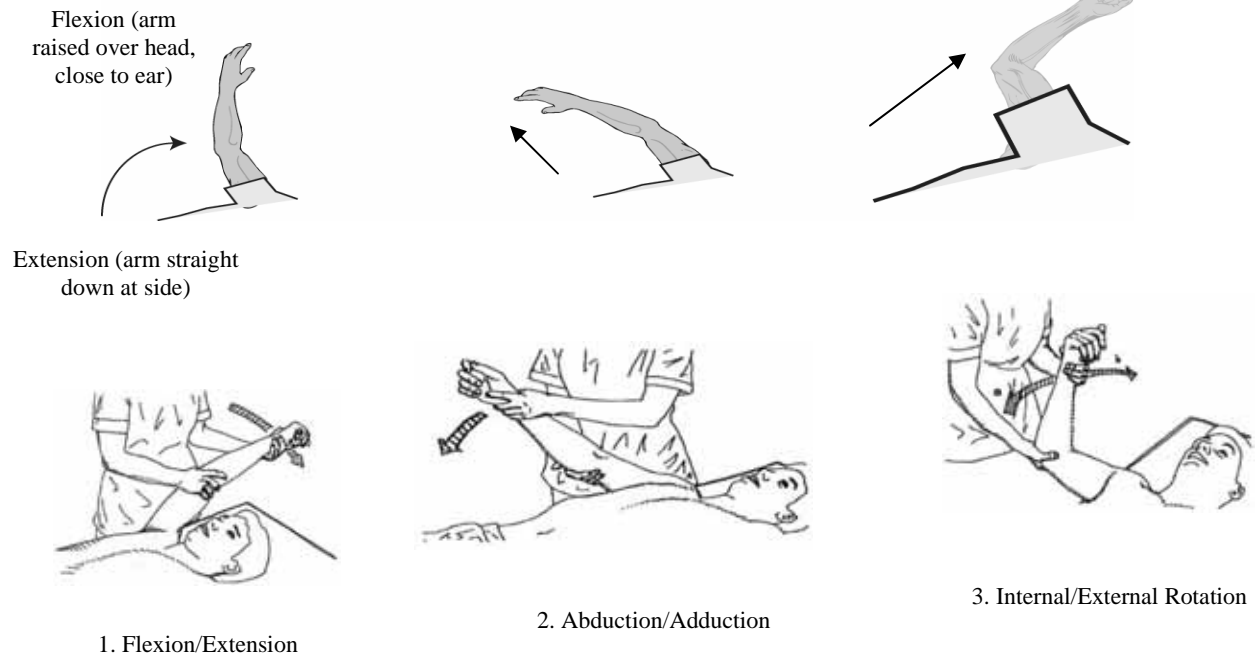
## Chapter 28

### RANGE OF MOTION EXERCISES

#### PROCEDURE FOR GIVING RANGE OF MOTION EXERCISES:

NOTE: CHECK SERVICE PLAN FOR INSTRUCTIONS BEFORE PERFORMING RANGE OF MOTION EXERCISES.

1. Wash your hands.
2. Explain what you are going to do.
3. Provide privacy. Make sure client is wearing adequate clothing.
4. Raise bed to a comfortable working height if possible.
5. Assist client into supine position.
6. Shoulder (see Figure 28.1).

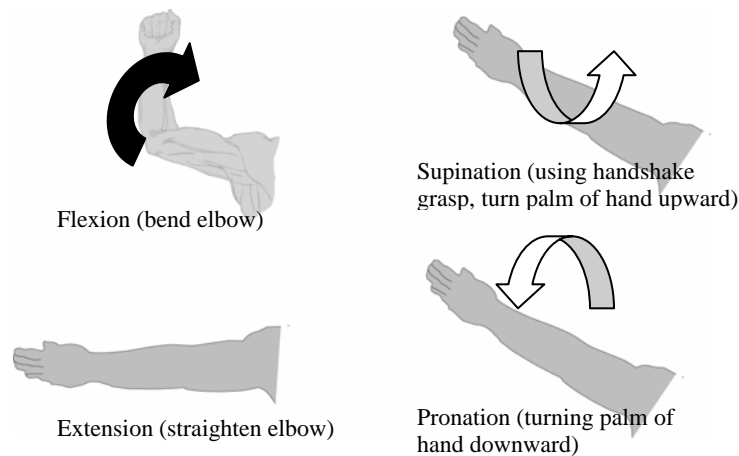


- a. Flexion/extension.
  - 1) Support the arm at the wrist and elbow and lift the arm toward the ceiling. Continue lifting the arm over the client's head until you feel resistance.
  - 2) Slowly lower the arm to the client's side.
- b. Abduction/adduction.

- 1) Support the arm at the elbow and shoulder and move the arm out to the side. Continue moving toward client's head.
  - 2) Slowly move the arm back toward the center of body.
- c. Internal/external rotation.
- 1) Move the arm away from the body to shoulder level.
  - 2) Bring the hand forward to touch the bed and then backward to touch the bed.

7. Elbow (see Figure 28.2).

*Figure 28.2  
Elbow Exercises*



a. Flexion/extension.

- 1) Bend the arm at the elbow, touch the shoulder, and then straighten the arm.
- 2) Bend the arm at the elbow and touch the chin, then straighten the arm.

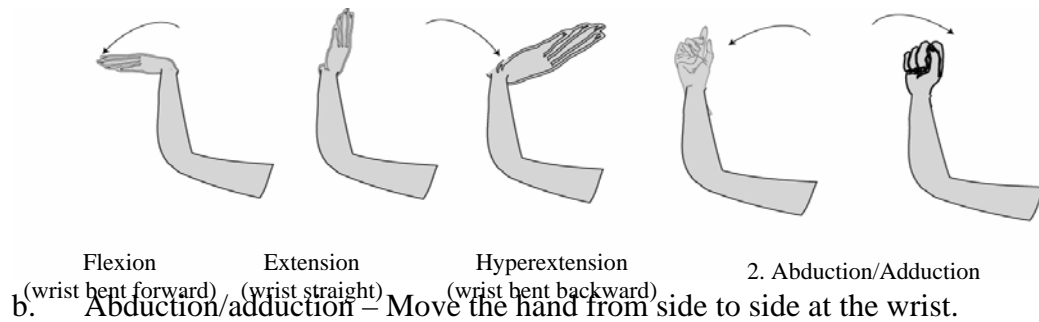
b. Supination/Pronation.

- 1) Hold the client's hand in a handshake position; support the arm at the elbow joint.
- 2) Turn palm of the hand toward the floor and then toward the ceiling.

8. Wrist (see Figure 28.3).

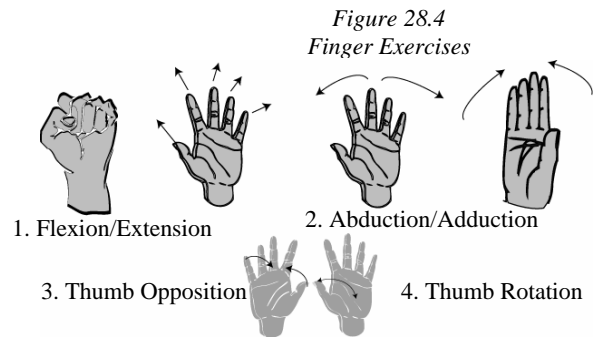
- a. Flexion/extension/hyperextension – Support arm and hand; bend the wrist forward, straighten it, and then bend it backward.

Figure 28.3  
Wrist Exercises



9. Fingers (see Figure 28.4).

- a. Flexion/extension – support the hand at the wrist. Instruct client to make a clenched fist and then relax it. Make sure that the thumb is on top of the hand fully.



- b. Abduction/adduction – move each finger away from the nearest finger and then return it.
- c. Thumb opposition – bend the little finger toward inner hand and stretch the thumb toward the little finger and move it to the base of the little finger and back. Repeat with each finger.
- d. Thumb rotation – move the thumb in a circle one direction and then the other direction.

10. Hip and knee (see Figure 28.5).

- a. Flexion/extension
- 1) Support the leg at the knee and ankle joints and keep the knee straight. Raise and lower the leg.
  - 2) Bend the knee and move toward the chest; slowly straighten the knee.

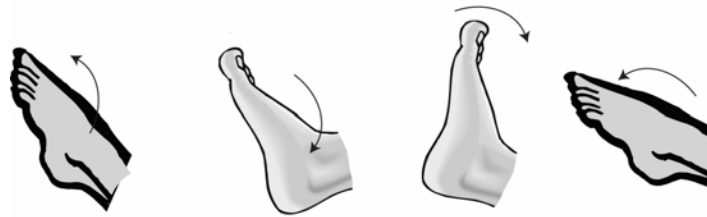


Figure 28.5  
Hip and Knee Exercises

- b. Abduction/adduction.
  - 1) Move the leg straight out to the side of the body until you feel resistance.
  - 2) Slowly move the leg back toward the center of the body.
- c. Internal/external rotation – Support knee and ankle joints; move the ankle in toward the opposite leg and then outward.

11. Ankle (see Figure 28.6).

*Figure 28.6  
Ankle Exercises*



1. Inversion/Eversion

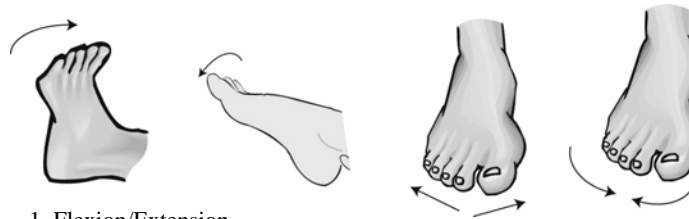
2. Dorsiflexion/Plantar flexion

- a. Inversion/eversion – support the foot at the ankle joint and turn the foot toward the opposite foot and then way from the opposite foot.
- b. Dorsiflexion/plantar flexion – bend the foot up toward the knee then down toward the floor.

12. Toes (see Figure 28.7).

- a. Flexion/extension – Bend and then straighten the toes.
- b. Abduction/adduction – Move each toe toward the next toe and then away from the next toe.

*Figure 28.7  
Toe Exercises*



1. Flexion/Extension

2. Abduction/Adduction

- 13. Lower bed to a position of safety; raise side rails as directed by service plan.
- 14. Make the client comfortable; place call signal within reach.
- 15. Wash your hands.
- 16. Record and report.