

Range of Motion Exercise Handout

The movement of a joint to the extent possible without causing pain is the range of motion (ROM) of that joint. ROM exercises involve moving the joints through their complete range of motion without forcing the joint beyond its present range or to the point of pain.

Types

- AROM – Active ROM exercises – are done by the person.
- PROM – Passive ROM exercises – health care worker moves the joints through their range of motion.
- AAROM – Active-assistive ROM exercises – the person does the exercises with some assistance from the health care worker.

Movements of Joints

- Abduction – moving a body part away from the midline of the body.
- Adduction – moving a body part toward the midline of the body.
- Extension – straightening a body part.
- Flexion – bending a body part.
- Hyperextension – excessive straightening of a body part.
- Dorsiflexion – bending the toes and foot up at the ankle.
- Rotation – turning the joint.
- Internal rotation – turning the joint inward.
- External rotation – turning the joint outward.
- Plantar flexion – bending the foot down at the ankle.
- Pronation – turning the joint downward.
- Supination – turning the joint upward.

Joints, Their ROM Exercises & Extra Tidbits of Info

- Head and Neck – should be taught but not always done to every person
 - Flexion & Extension
 - Hyperextension (not recommended on elder)
 - Rotation
 - Lateral Flexion
- Shoulder
 - Flexion & Extension
 - Hyperextension – without this there is no arm swing when you walk
 - Internal & External Rotation – signal when you ride a bike
 - Abduction & Adduction
- Elbow
 - Flexion & Extension
- Forearm
 - Supination – “scoop your soup”
 - Pronation – “pour it out”

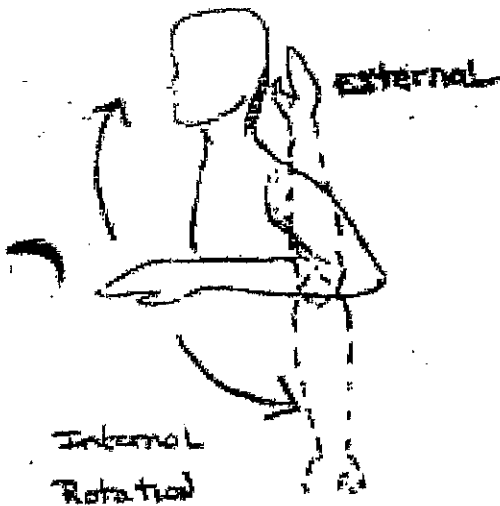
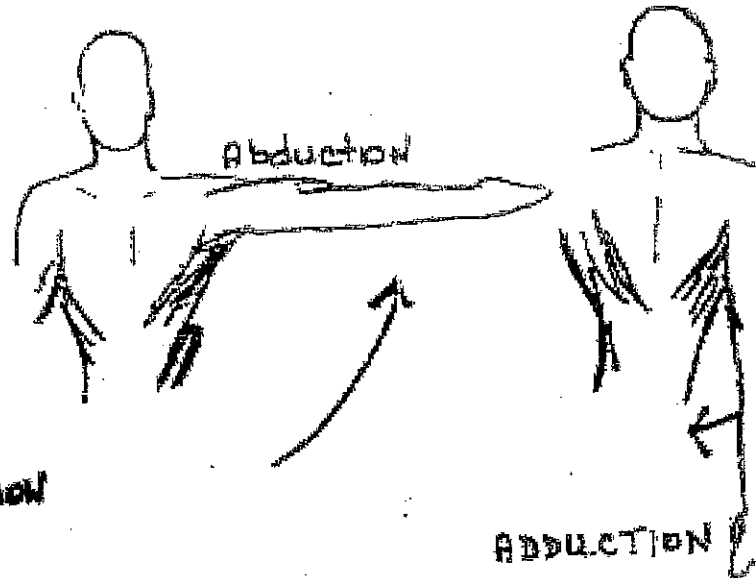
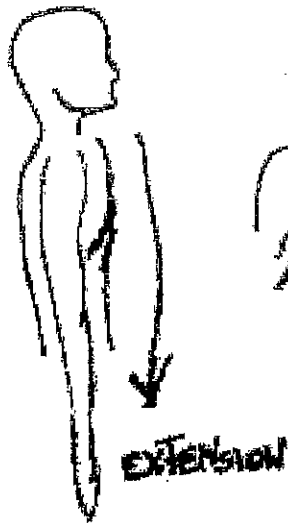
Range of Motion Exercise Handout

- Wrist
 - Flexion & Extension
 - Hyperextension – karaoke night entertainment
 - Ulnar & Radial Deviation – one of the parade waves
- Phalanges (Fingers)
 - Flexion & Extension
 - Abduction & Adduction – surprised fingers
- Thumb
 - Flexion & Extension
 - Abduction & Adduction
 - Opposition
- Hip
 - Flexion & Extension
 - Hyperextension – try to walk without this; in your textbook?
 - Internal & External Rotation
 - Abduction & Adduction – grapevine in line dancing
- Knee
 - Flexion & Extension
- Ankle
 - Dorsal Flexion (Dorsiflexion) – top fin of the shark
 - Plantar Flexion – plant your toes; plantar wart
- Foot
 - Inversion (Supination) & Eversion (Pronation)
- Toes
 - Abduction & Adduction
 - Flexion & Extension
 - Hyperextension – may be missing from textbooks, walk without this?

Information adapted from: Sorrentino, Sheila. (2008) *Mosby's Textbook for Nursing Assistants 7th Edition*.

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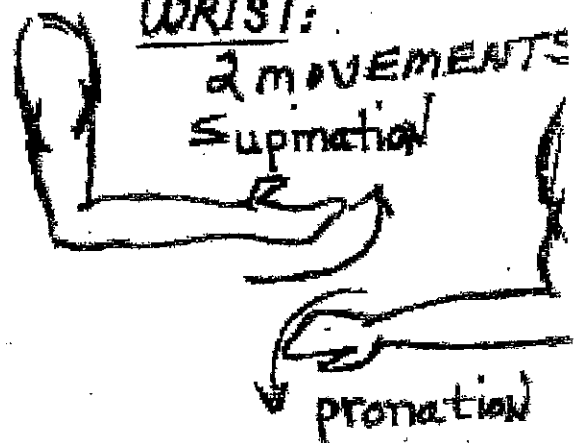
SHOULDER: 6 MOVEMENTS



ELBOW : 2 MOVEMENTS



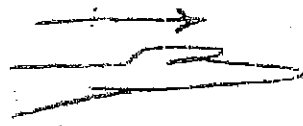
FOREARM/WRIST:
2 MOVEMENTS



WRIST: 4 MOVEMENTS



FLEXION



EXTENSION



Radial
Deviation



Ulnar
Deviation

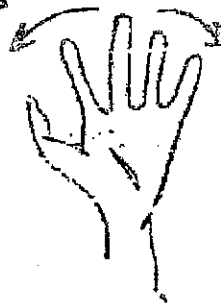
FINGERS: 4 MOVEMENTS



Flexion



Extension



Abduction



Adduction

THUMBS: 5 MOVEMENTS



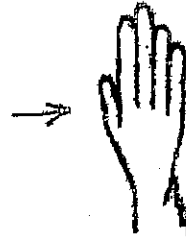
Flexion



Extension



Abduction

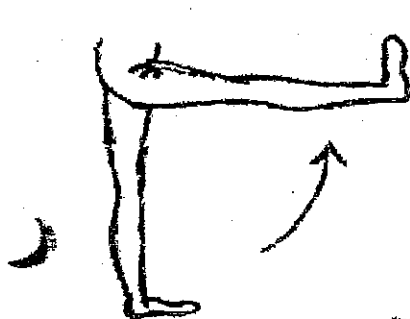


Adduction

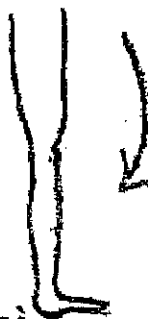


Opposition

HIPS: 6 MOVEMENTS



Flexion



Extension



Abduction

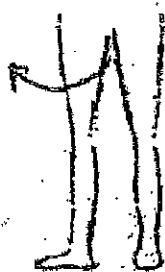


Adduction

HIPS: 6 movements (cont.)



Internal Rotation



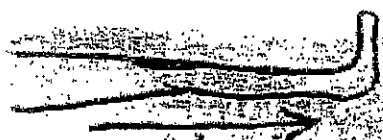
External Rotation

movement must come from the Hip, not the KNEE or the ANKLE.

KNEE: 2 movements



Flexion



EXTENSION

ANKLE: 4 movements



Dorsal Flexion



Plantar Flexion

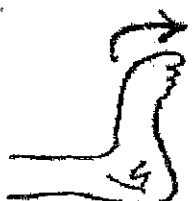


Eversion



Inversion

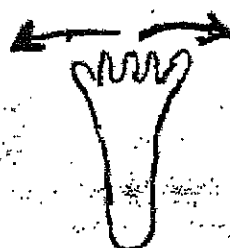
TOES: 4 movements



Flexion



EXTENSION



Abduction



Adduction