

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.