

**Policy & Procedure Manual**

---

**RANGE OF MOTION – R-VIII-2**

---

**POLICY:**

All care providers carrying out range of motion exercises shall be trained by the Occupational Therapist prior to implementation.

All range of motion exercises shall be identified in the client profile. A written guideline shall be available in the client profile for reference.

**PURPOSE:**

To ensure that all range of motion exercises are carried out in a safe and consistent manner.

**PROCEDURE:**

1. Check the client profile and review the specific instructions for the client's range of motion exercises.
2. Use the instructions provided by the Occupational Therapist to do the range of motion exercises. See Appendix A.
3. The Occupational Therapist shall demonstrate and allow the care provider to practice the different movements involved in the R.O.M. exercises prior to implementation.
4. Report and document any noted changes/condition of the joints when performing range of motion exercises with the client.
5. Contact the Occupational Therapist if there are questions or concerns regarding implementation of the range of motion exercises.

**RECOMMENDED BY:** Occupational Therapist

**APPENDICES:** 1

**OPERATIONAL ACCOUNTABILITY:** Administration, Personal Support Services  
Administration, Personal Support Services

**ORIGINAL POLICY DATE:** September 1986

**AUTHORIZED BY:** Executive Director

**SIGNATURE:**



**RANGE OF MOTION**

---

**EXERCISES**

Lower Extremity



**Hips**

1. Keep the right leg straight, bend the left leg up towards the chest as far as possible. Hold for a few seconds and stretch a little more. Hold for a minute. Repeat with left leg. Do the exercises 5 times each leg.

2. Keep the right leg straight, bend left leg to 90 degrees. Turn the left leg in and then out. Repeat with right leg. Exercise 5 times each leg.

3. Keep knees straight (if difficult, bend the knees up). Push legs apart one at a time or together as far as possible. Relax, then repeat 5 times.

**Knees**

4. Straighten knees one at a time as much as possible just above the knee caps and holding the lower leg, cupping ankle and foot in your hand. Repeat each leg 5 times.

**Ankles**

5. Cup your hand around the heel. Bend the knee and then pull foot forward as far as possible using your forearm against his forefoot. As you hold his foot, straighten the knee out. Repeat with other foot. Do exercise 5 times each ankle.

**Trunk**

6. Bend the knees up. Rotate the knees to right as far as possible and the to the left. Hold 5 - 10 seconds, then repeat 5 times.

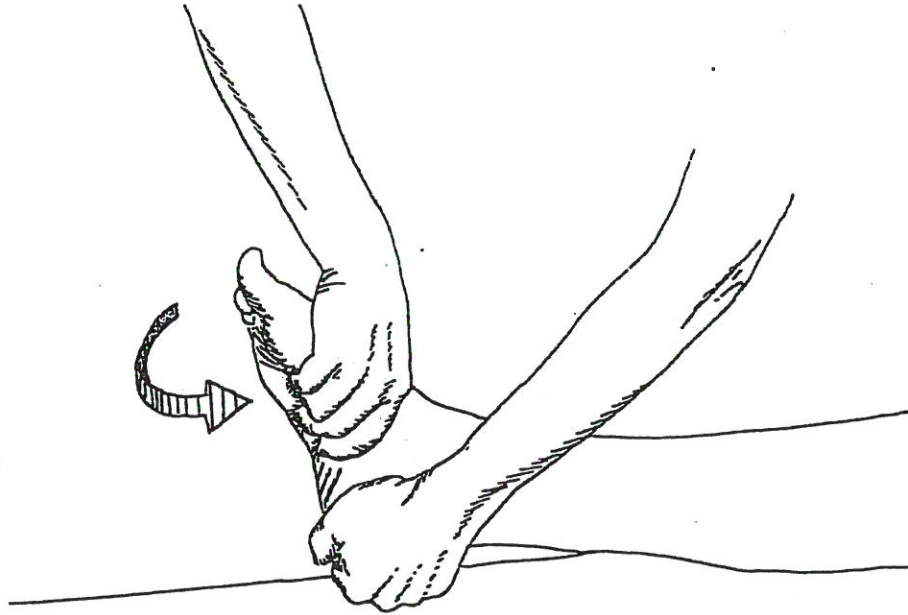


FIGURE 2-22. End position for supination of the transverse tarsal joint.

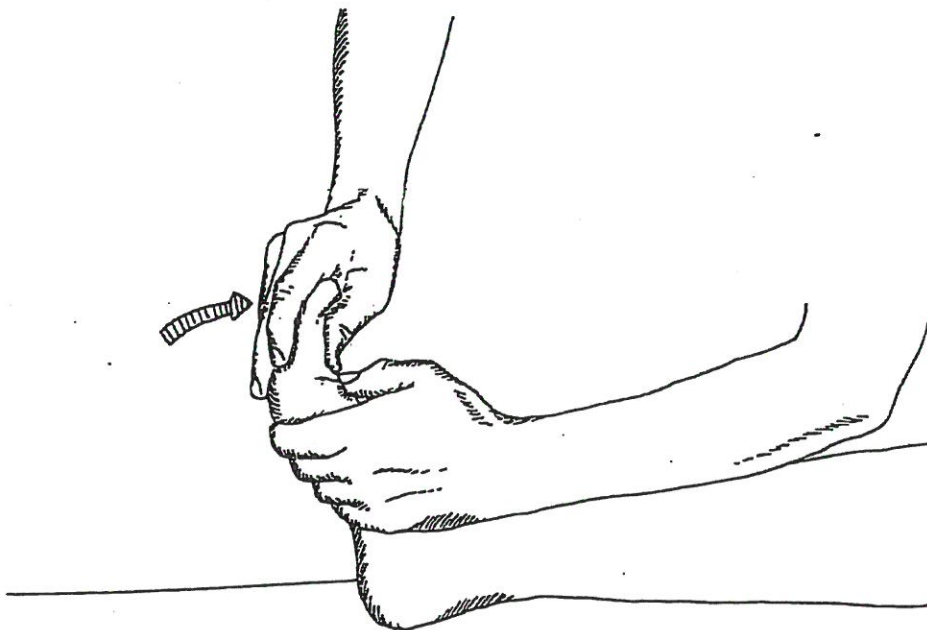


FIGURE 2-23. Extension of the metatarsophalangeal joint of the large toe.