RANGE OF MOTION ALL JOINTS

Fig. 27-12. Range-of-motion exercises for the neck.

Fig. 27-13. Range-of-motion exercises for the shoulder.
Fig. 27-14. Range-of-motion exercises for the elbow.

Fig. 27-15. Range-of-motion exercises for the forearm.
Fig. 27-16. Range-of-motion exercises for the wrist.

Fig. 27-17. Range-of-motion exercises for the thumb.

Fig. 27-18. Range-of-motion exercises for the fingers.
Fig. 27-19. Range-of-motion exercises for the hip.
Fig. 27-20. Range-of-motion exercises for the knee.

Fig. 27-21. Range-of-motion exercises for the ankle.
GENERAL INSTRUCTIONS FOR ALL JOINT ROM

1. Follow care plan for ROM passive or active exercises to be done
2. Knock before entering and identify yourself to person
3. Explain procedure to person and provide for privacy at all times using bath blanket and privacy curtain
4. Raise bed to comfortable height for good body mechanics
5. Position person supine
6. Confirm with agency if allowed to perform ROM on neck
7. Always support joints and move through exercises gently
8. Assess for discomfort throughout procedure
9. Do not force joint beyond point of comfort
10. Report person’s tolerance of procedure to nurse
11. Lower bed to safe position when exercises completed