

KNEE –

Flexion / Extension:

- A. Support knee and ankle.
- B. Bend and straighten knee, as tolerated.



ANKLE –

Dorsiflexion / Plantar Flexion:

- A. Support calf.
- B. With leg straight, bend foot toward chest, as tolerated.
- C. Bend foot down, as tolerated.
- D. Return to normal position.



TOES –

Flexion / Extension:

- A. Support ankle.
- B. Bend and straighten toes, as tolerated.



Reduce pain and discomfort with improved
Range of Motion

Range of motion is defined as the full movement potential of a joint.

Stiff joints can be painful and make it hard for a person to do things for themselves. Range of motion (ROM) exercises keep joints flexible and may reduce pain or discomfort. They are to be done slowly and gently. **Do not** force movements and stop if they cause any pain. Your Hospice of Cincinnati nurse will train you on how to safely perform these exercises.

SHOULDER –

Flexion / Extension:

- A. Keep elbow straight.
- B. Raise arm, as tolerated.
- C. Lower arm back to patient's side.



SHOULDER –

Abduction / Adduction:

- A. Support the elbow with one hand and grasp the wrist with the other hand.
- B. Keep arm at elbow straight.
- C. Move arm away from body, as tolerated.
- D. Move arm back toward body.



FINGERS –

Flexion / Extension:

- A. Support wrist.
- B. Bend and straighten fingers, as tolerated.



ELBOW –

Flexion / Extension:

- A. Support elbow and wrist keeping arm straight.
- B. Bend elbow, as tolerated.
- C. Return arm to straight position, as tolerated.



THUMB –

Flexion / Extension:

- A. Support wrist.
- B. Bend and straighten fingers, as tolerated.



WRIST –

Flexion / Extension:

- A. Support wrist and forearm.
- B. Bend wrist forward and back, as tolerated.



HIP –

Flexion / Extension:

- A. Support hip and knee.
- B. Raise and lower leg slowly, as tolerated.



WRIST –

Radial-Ulnar Deviation:

- A. Support wrist and forearm.
- B. Bend wrist sideways, as tolerated.
- C. Return to normal position.



HIP –

Abduction / Adduction:

- A. Support hip and knee.
- B. Move leg straight out from body, as tolerated.
- C. Return leg back to its normal position.

