Range of Motion Exercise

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Range Of Motion Exercises

Definition:

The movement of a joint to the extent possible without causing pain

Purposes:

- Promote and maintain joint mobility
- Prevent contractures and shortening of muscles and tendons
- Increase circulation to extremities.
- Facilitate comfort for the patient

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Indications for PROM

- Regions of acute, inflamed tissue
- Patient unable to or not supposed to actively move a body segments
  - comatose, paralyzed, or on complete bed rest

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Contraindications To ROM

- Any illness/disorder where increased use of energy or increased circulation is hazardous.
- ***Example:*** Myocardial infarction. swollen, inflamed joints

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Types Of ROM Exercises

- ***Active ROM exercises*** – Exercises the client is able to perform independently.

- ***Passive ROM exercises*** – Exercises performed for the client by someone else.

- ***Active assisted ROM exercises*** – Performed by a client with some assistance. Client can move a limb partially through its ROM, but needs help completing the ROM.

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Guidelines For Performing ROM Exercises

- Start with the head and move down, always do bilaterally
- Do not grasp the joint directly
- Do not grasp fingernail or toenail. Be sure to support the distal and proximal end of the limbs
- Important joints – thumb, hip, knee, ankle
- Move joint through movement 5 times/session

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Guidelines For Performing ROM Exercises

- Return body part to normal anatomical position
- Move each joint through full range of motion
- Move to point of resistance not pain
- Allow for rest periods whenever required
- Avoid friction LIFT body part don't drag
- Note drastic change in vital signs, extreme fatigue.

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Guidelines For Performing ROM Exercises

- Should not disrupt the healing process
- Warm water relaxes the muscles and joints, bathing is an ideal time to perform ROM

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Patient Preparation

- Explain and steps and advantages of ROM exercises.
- Remove all restrictive clothing, linen, splint, and dressings.
- Drape appropriately
- Raise the bed to comfortable height.
- Position the patient comfortably- preferably supine position.

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JOINT MOVEMENTS

- *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
- *ROTATION* - TURNING THE JOINT
- *INTERNAL ROTATION* - TURNING THE JOINT INWARD

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- *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
- *INVERSION*- TURNING THE SOLE OF THE FOOT TOWARDS THE MIDLINE
- *EVERSION*- TURNING THE SOLE OF THE FOOT AWAY FROM THE MID LINE

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