|  |  |
| --- | --- |
|  RANGE OF MOTION | NO.  |
| Purpose: To provide guidelines for the performance of active and passive range of motion.Statement: The facility will ensure that a resident who enters the facility without a limited range of motion does not experience reduction in range of motion unless the resident’s clinical condition demonstrates that a reduction in range of motion is unavoidable.If a reduction of range of motion is unavoidable, this must be defined by the resident’s physician, and documented in the resident’s chart.The facility will ensure that a resident with a limited range of motion receives appropriate treatment and services to increase range of motion and/or to prevent further decrease in range of motion.Procedure: 1. The Restorative Nursing department will:
2. Assess each resident’s range of motion on admission, with every scheduled resident assessment, and with any significant change of condition.
3. Prescribe range of motion exercises for residents as needed, including:
* Active or Passive
* Times and days to be performed
* Joints to be exercised
* Number of repetitions to be performed
1. The Unit Nurse will:
2. Ensure that Nursing Assistants assist residents to perform range of motion exercises as prescribed, and document in the resident’s record that the exercises were performed.
3. Inform the Restorative Nursing department when a resident’s range of motion needs further assessment.
4. Nursing Assistants must:
5. Assist residents to perform range of motion exercises as prescribed.
6. Document in the resident’s record that the exercises were performed.
7. Notify the Charge Nurse of any changes in the resident’s ability to perform the exercises and of any pain the resident experiences with exercises.
8. Definitions
9. Active Range of Motion – Exercises the resident does without any physical help or support. Most residents will need reminding to do the exercise, cueing, or supervision of entire exercise sequences.
10. Passive Range of Motion – Performed for the resident by a staff member. A resident may require a combination of active and passive range of motion exercises.
 |
| Approved: | Effective Date: | Revision Date: | Change No.: | Page:  |

|  |  |
| --- | --- |
|  RANGE OF MOTION | NO.  |
| 1. General Instructions
2. Perform all exercises in moderation.
3. Move slowly and gently.
4. Never force movements.
5. Move only to the point of slight resistance.
6. Stop whenever there is any pain or if the resident shows any expression of pain.
7. Perform on one joint at a time.
8. Always do each exercise on both sides of the body, right and left, unless instructions contraindicated.
9. Place one hand just above the joint to stabilize it, and place the other hand below the joint to support it while it is moved.
10. Do the exercises once per day, and only more if specifically prescribed.
11. If the resident’s endurance is low, break the exercises down into segments over the day.
12. Gradually build up repetitions.
13. Try to incorporate the exercises into other daily activities, such as while watching television or after bath.
14. Neck Exercises
15. A therapist must perform these with a physicians order. Restorative aides do not do these exercises.
16. Support the back of the resident’s head with one hand and support the resident’s chin with the other hand. Tilt the resident’s neck backward so the resident is looking up at the ceiling. Then tilt the resident’s chin toward the chest.
17. Put one hand on each side of the resident’s face. Tilt the resident’s head to the side bringing the right ear toward the right shoulder. Then slowly tilt the head back toward the left shoulder.
18. Put one hand on each side of the resident’s face. Turn the head toward the right as if the resident were looking over his right shoulder. Then slowly turn the head toward the left.
19. Shoulder and Elbow Exercises
20. Put one hand under the resident’s elbow, and hold the wrist with the other hand. Keep the elbow straight. Bring the arm forward and upward over the resident’s head until the arm touches his ear. Bend the elbow if necessary so the forearm reaches above the head. Bring the arm back down to his side.
21. Raise the arm sideways and upward over the resident’s head as far as possible. Bring the arm back down to his side and then swing across the body toward the opposite shoulder. Swing the arm back down to his side.
22. With the resident’s arm at his side turn the palm of his hand face up. Bend the arm at the elbow and touch the fingertips to the front of the shoulder on the same side. Move his arm back down to his side then bend the arm and touch the opposite shoulder.
23. Hold the arm out at shoulder level with the palm facing up. Bend the elbow to bring the resident’s fingertips to the top of the shoulder on the same side, or as close as possible.
 |
| Approved: | Effective Date: | Revision Date: | Change No.: | Page:  |

|  |  |
| --- | --- |
|  RANGE OF MOTION | NO.  |
| 1. Forearm and Wrist Exercises
2. Hold the wrist and hand of the right arm with the palm face down. Keeping the elbow on the bed, lift the forearm up.
3. Hold the hand and bend it back toward the wrist. Then bend the hand down. Rock the hand back and forth sideways. Gently rotate the hand from side to side in a circle.
4. Hand and Finger Exercises
5. Hold the resident’s hand with one hand, keeping his wrist straight. Use your other hand to do the hand and finger exercises.
6. Gently straighten each finger. The place your hand on the back of the resident’s fingers and gently bend his hand into a fist.
7. Gently straighten out his fingers. Spread the fingers wide apart one at time, and then bring the fingers back together.
8. Use the thumb to draw circles.
9. Hip and Knee
10. Place the resident’s leg flat on the bed with knee and hip straight and toes pointed forward. Put one hand under ankle and the other hand under the knee. Slowly bend hip and knee up toward chest. Slide your hand out from under knee so the knee can bend completely. Straighten leg and return it to a flat position on the bed.
11. Move the leg out to the right side. Then return the leg to the middle and cross over the opposite leg.
12. Ankle and Foot Exercises
13. Hold the right ankle firmly with one hand and put your other hand on the bottom of the foot. Push the foot toward the resident’s head. Then put your hand on the tip of the foot and push the foot down.
14. Hold ankle firmly with one hand and hold the foot firmly with your other hand. Turn the foot and ankle in circles.
15. Holding the ankle firmly with one hand, curl the toes toward the sole of the foot with your other hand. Then straighten and stretch the toes.
16. Spread the toes apart one at a time and then bring them together again.

  |
| Approved: | Effective Date: | Revision Date: | Change No.: | Page:  |

RANGE OF MOTION EXERCISES



RANGE OF MOTION EXERCISES

