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.

**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.

**SHOULDER – Flexion / Extension:**
A. Keep elbow straight.
B. Raise arm, as tolerated.
C. Lower arm back to patient’s side.
Range of Motion Exercises: Patient/Caregiver Training

**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.

**ELBOW – Flexion/Extension:**
A. Support elbow and wrist keeping arm straight.
B. Bend elbow, as tolerated.
C. Return arm to straight position, as tolerated.

**WRIST – Flexion/Extension:**
A. Support wrist and forearm.
B. Bend wrist forward and back, as tolerated.

**WRIST – Radial/Ulnar Deviation:**
A. Support wrist and forearm.
B. Bend wrist sideways, as tolerated.
C. Return to normal position.

**FINGERS – Flexion/Extension:**
A. Support wrist.
B. Bend and straighten fingers, as tolerated.

**THUMB – Flexion/Extension:**
A. Support wrist.
B. Bend and straighten fingers, as tolerated.

**HIP – Flexion/Extension:**
A. Support hip and knee.
B. Raise and lower leg slowly, as tolerated.

**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.