

Passive Arm Range of Motion

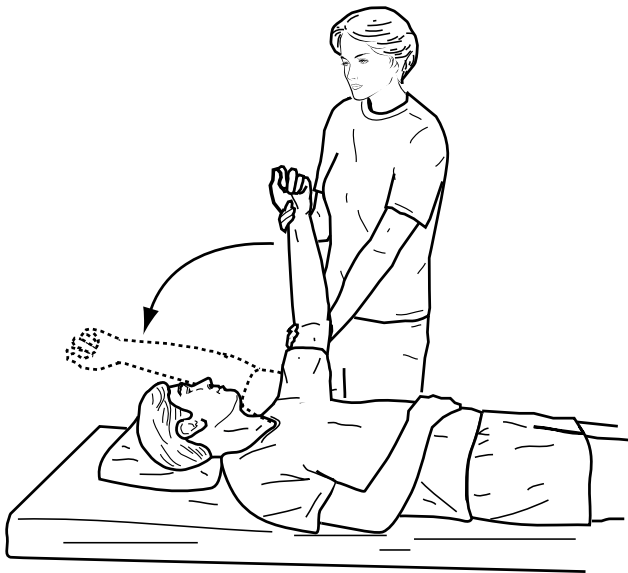


THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

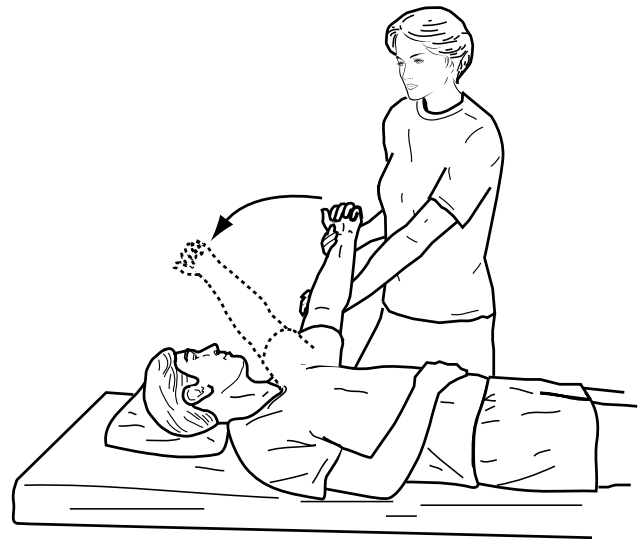
Range of motion is a set of exercises done to keep normal movement in the joints. The exercises also help to keep the muscles flexible. When the joints and muscles do not have normal range of motion, problems can occur.

You and your support person will be shown how to do each exercise. If you have questions, please ask.

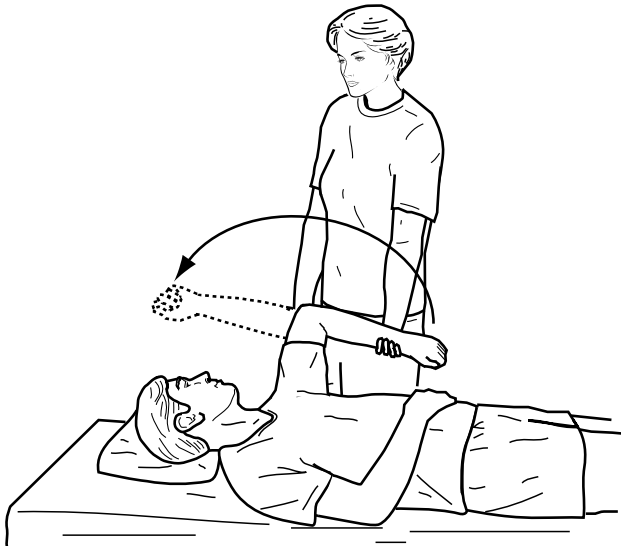
Do each exercise _____ times, _____ times each day.



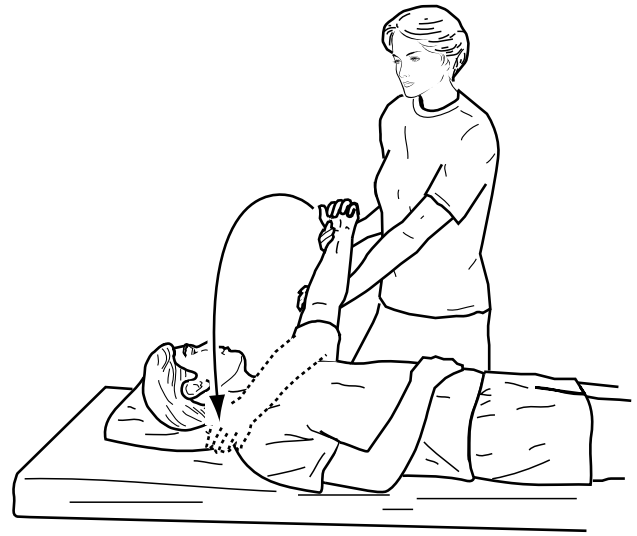
- ❑ **Shoulders:** Hold the arm at the elbow and the wrist. Slowly lift the arm straight up towards the ear, keeping the elbow straight.



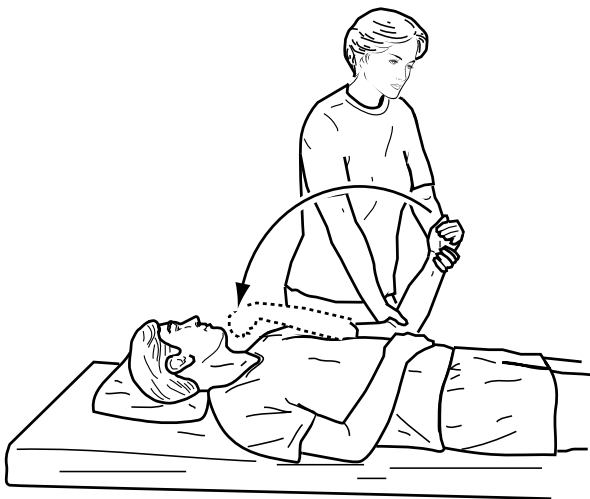
- ❑ **Shoulders:** Hold the arm at the elbow and the wrist. Slowly lift it straight out to the side away from the body. Bring the arm up toward the ear, keeping the elbow straight.



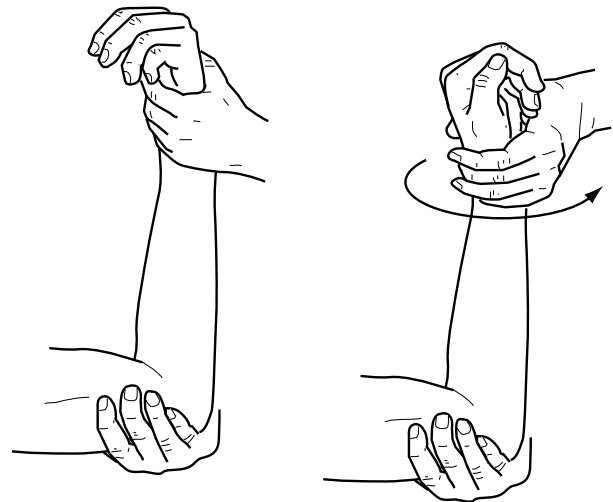
- ❑ **Shoulders:** Hold the arm at the elbow and the wrist. Bend the elbow until it is halfway up to the shoulder. Move the hand towards the stomach and then away from the stomach.



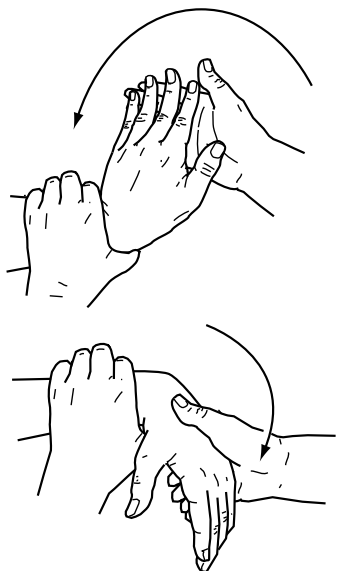
- ❑ **Shoulders:** Take the arm out to the side and hold it at shoulder level. Reach across the body to touch the opposite shoulder.



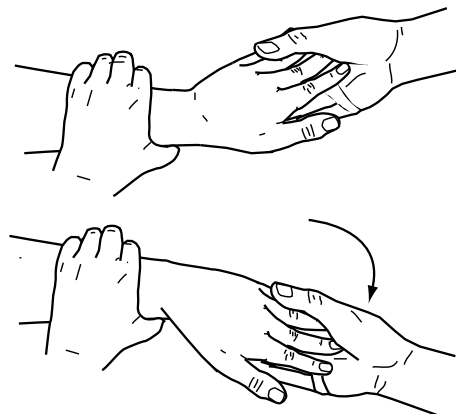
- ❑ **Elbows:** Hold the arm at the elbow and the wrist. Bend the elbow towards the shoulder and then straighten the elbow.



- ❑ **Elbows:** Hold the arm above the wrist and at the elbow. Bend the elbow until it is halfway to the shoulder. Turn the forearm until the palm faces the patient then turn the forearm until the back of the hand faces the patient.



- ❑ **Wrists:** With the fingers straight, slowly bend the wrist backwards and forwards.



- ❑ **Wrists:** Hold the arm above the wrist and move the hand side to side, keeping the forearm still.

Talk to your doctor or health care team if you have any questions about your care.

The Library for Health Information is available to help you find more health information at (614) 293-3707 or e-mail: health-info@osu.edu.