



HEALTH FOR LIFE

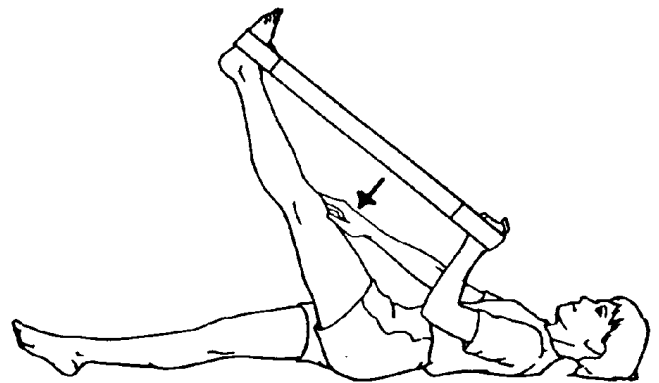
Leg Self Range of Motion

Range of motion (ROM) is a set of exercises done to keep normal movement in the joints and to keep muscles flexible. Spasticity is an abnormal increase in muscle tone. It can cause less flexibility and may decrease the range of motion of joints. When joints and muscles have abnormal range of motion and loss of flexibility, contractures form. Contractures prevent correct positioning of the body.

- ▶ Range of motion is to be done every day.
- ▶ Do each exercise **10 times** on each leg and **hold the position for a count of 20**.
- ▶ Movements should be slow and gentle.
- ▶ Do not force the joint through the motion.
- ▶ You will be given a range of motion strap to do these exercises.

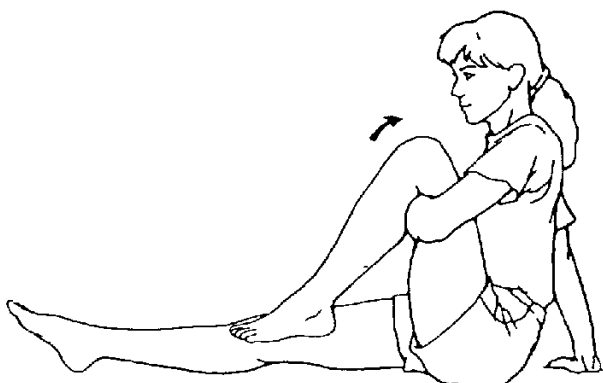
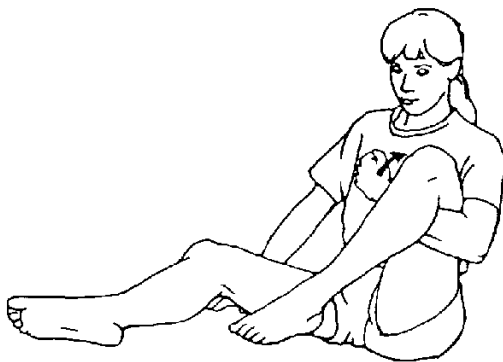
1. Hamstring Stretch

Hook the ring around your foot. While lying on your back, lift your leg to 90 degrees or as far as up possible. Use your opposite hand to hold the knee straight. Your other leg should stay straight on the bed or floor. Repeat with the other leg.



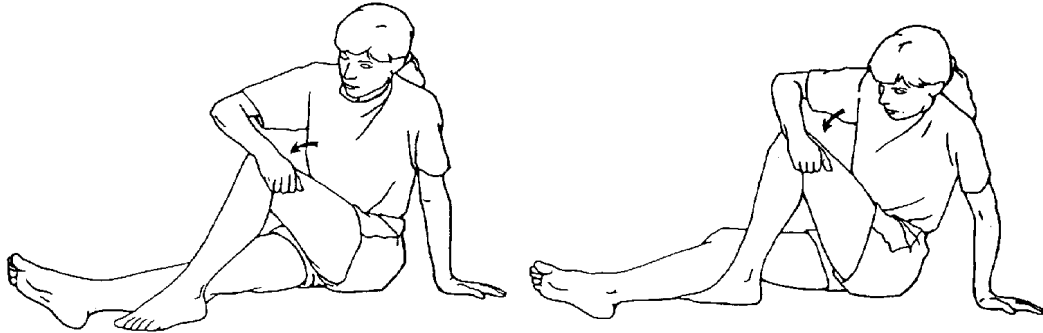
2. Hip And Knee Flexion

Sit with your back against the wall or your headboard. Hook the forearm of one arm underneath the same knee. Place your opposite hand on the bed or floor for support and balance. Bend the knee up toward your chest. Relax your arm, and repeat the stretch 10 times. Repeat with the other leg.



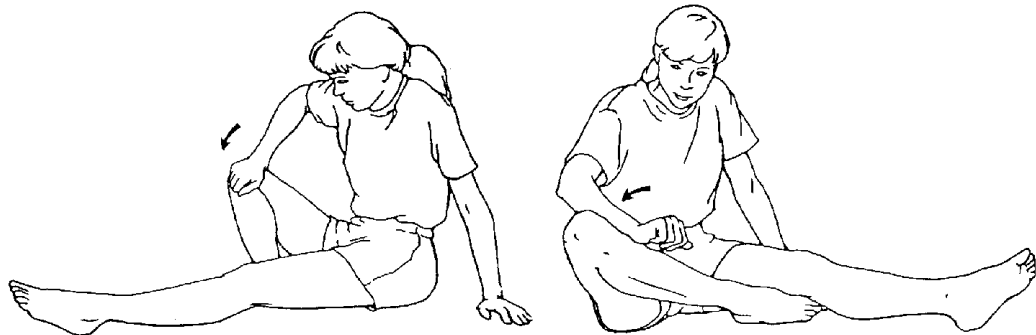
3. Hip Internal Rotation And Adduction

Sit with your back against the wall or your headboard. Push your bent knee inward towards the other leg. Do not let your hip rise up. Repeat with the other leg.



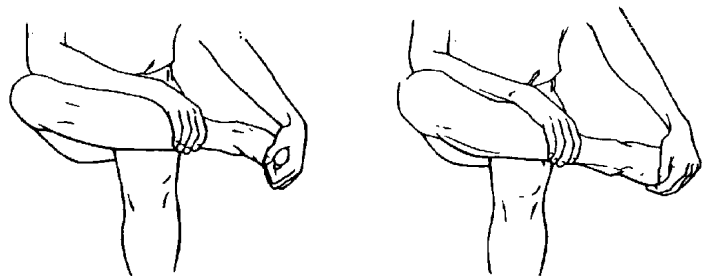
4. Hip External Rotation And Abduction

Sit with your back against the wall or your headboard. Push the bent knee outward. After you have stretched your hip, place your foot on top of you knee. Stretch your toes and foot as shown below. While your leg is in this position, you can bend and straighten your toes with your hand. Repeat with the other leg.

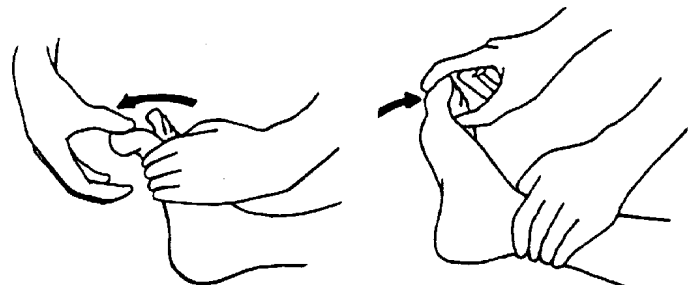


5. Ankle / Toe Exercise

- Move the entire foot in clockwise and counterclockwise circles.

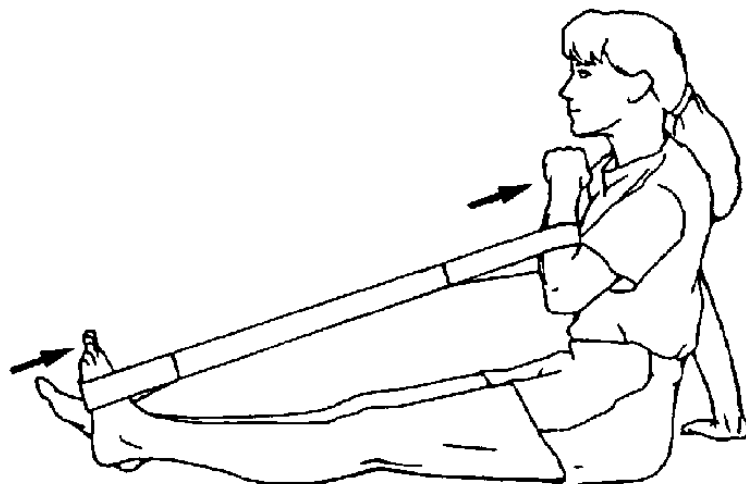


- Bend and straighten each toe 5 times.



6. Ankle Dorsiflexion

Sit with your back against the wall or your headboard. Hook the ring around the top of your foot and pull it toward your head. Your knee should stay straight. Repeat with the other foot.



If you would like more written information, please call the Center for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.

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- ▶ Upon request all patient education handouts are available in other formats for people with special hearing, vision and language needs, call (614) 293-3191.