Range of Motion (ROM) exercises are important exercises which maintain adequate range of movement in the joints of the body.

When the joints and muscles do not have normal range of motion (ROM) and flexibility is lost, muscles shorten and contractures may form. Muscle shortening can cause pain, and prevents good posture from being maintained.

When carrying out any exercise regime, it is imperative you stop the exercises if your pain increases. All exercise programmes should be taught to you, and your caregiver, by a Chartered Physiotherapist first. This will ensure that you are carrying out the regime correctly.

- Range of Motion programme should be done every day.
- Each exercise should be done 10 times on each joint.
- You should hold each movement at the end of range for 5 seconds to achieve a muscle stretch.
- Upper limb exercises may be done with the person in sitting or lying, and the lower limb exercises may be done with person lying on their back.

**Shoulder**

Supporting the elbow and wrist, pick the arm up and over the head to a position behind the ear. Return the arm to the person’s side.
Supporting the elbow and wrist, move the arm along the bed to a position above the person’s head and next to his or her ear. Return the arm to the person’s side.

Move the arm along the bed to shoulder level. Bend the elbow to 90 degrees (hand pointing toward ceiling). Support the elbow and wrist and keep elbow stabilized. Rotate the arm until the hand and wrist touch the bed near the hip and rotate the arm back until the wrist touches the bed near the head.
Elbow

Stabilize the elbow and hold the hand at the wrist. Bend and straighten it in three positions: palm down, thumb down and palm up.

Wrist

Holding the arm and hand, with the wrist straight, bend the hand to one side and then the other. Similarly, make a fist with the hand, and bend it forward and backward.

Fingers

Take each finger and pull gently to touch the base of the finger and then the heel of the hand. Repeat the same movement with the thumb.
Stand beside the leg to be exercised, and place one hand above the knee to keep it straight and the other hand under the heel. Keeping the leg straight, slowly raise the leg until the person you're assisting feels a stretch. Be sure to keep the other leg flat during the stretch.

Support the leg at the knee and heel, and bring the knee toward the chest. Return the leg to the bed, and repeat with the other leg.

Bend the knee of one leg and cross the foot over the thigh of the other leg. Push the knee toward the opposite shoulder. Repeat with the other leg.
Place one hand on the person’s shin and cup the heel in your other hand. Gently bend the ankle upward by pushing against the bottom of the foot with your forearm. Don’t allow the foot to turn in or out.

Please ask your physiotherapist if you have any questions about any of this information. Should you need any further advice, once you are discharged, please contact UPMC Beacon Physiotherapy on 01-2936692.