

Chapter 15: Exercise and Activity

Performing Range-of-Motion Exercises			
		Name:	
		Date:	
<i>Remember to promote:</i>			
Dignity • Independence • Individualized Care • Preferences • Privacy • Safety			
Pre-Procedure	S	U	Comments
1. Ensure that your own muscles are warmed up by performing ROM exercises on your own joints daily and before beginning this procedure. Practise good posture and body mechanics throughout this skill.			
2. Identify the client, according to employer policy.			
3. Explain the procedure to the client.			
4. Perform hand hygiene.			
5. Obtain a bath blanket or use the top sheet to cover the client. Only the part of the body you are exercising should be exposed.			
6. Provide for privacy.			
7. Raise the bed to a comfortable working height. Follow the care plan for bed rail use.*			
Procedure	S	U	Comments
8. Lower the bed rail closer to you.			
9. Place the client in the supine position.			
10. Cover the client with a sheet. Fan-fold top linens to the foot of the bed.			
11. Exercise the neck only if allowed by your employer and if your supervisor instructs you to do so (FIGURE 15.10). It is important to follow the client's care plan. Some ROM exercises (especially involving the neck) can cause serious client injury.			
a. Place your hands over the client's ears to support the head. Support the jaws with your fingers.			
b. <i>Rotation</i> —turn the head from side			

to side.			
c. <i>Lateral flexion</i> —move the head to the right and to the left. Stop if the client complains of discomfort.			
d. Repeat <i>b</i> and <i>c</i> five times or the number of times stated on the care plan.			
12. Exercise the shoulder (FIGURE 15.11):			
a. Grasp the wrist with one hand. Grasp the elbow with your other hand.			
b. <i>Flexion</i> —raise the arm straight in front and over the head.			
c. <i>Extension</i> —bring the arm down to the side.			
d. <i>Hyperextension</i> —move the arm behind the body. (Do this if the client sits in a straight-backed chair or is standing.)			
e. <i>Abduction</i> —move the straight arm away from the side of the body.			
f. <i>Adduction</i> —move the straight arm to the side of the body.			
g. <i>Internal rotation</i> —bend the arm at the elbow. Place it at the same level as the shoulder. Move the forearm down toward the body.			
h. <i>External rotation</i> —move the forearm toward the head.			
i. Repeat <i>b</i> through <i>h</i> five times or the number of times stated on the care plan.			
13. Exercise the elbow (FIGURE 15.12):			
a. Grasp the client's wrist with one hand. Grasp the elbow with your other hand.			
b. <i>Flexion</i> —bend the arm so the hand touches the same-side shoulder.			
c. <i>Extension</i> —straighten the arm.			
d. Repeat <i>b</i> and <i>c</i> five times or the number of times stated on the care plan.			
14. Exercise the forearm (FIGURE 15.13):			
a. <i>Pronation</i> —turn the hand so that the			

palm is down.			
b. <i>Supination</i> —turn the hand so that the palm is up.			
c. Repeat <i>a</i> and <i>b</i> five times or the number of times stated on the care plan.			
15. Exercise the wrist (FIGURE 15.14):			
a. Hold the wrist with both hands.			
b. <i>Flexion</i> —bend the hand down.			
c. <i>Extension</i> —straighten the hand.			
d. <i>Hyperextension</i> —bend the hand back.			
e. <i>Radial flexion</i> —turn the hand toward the thumb.			
f. <i>Ulnar flexion</i> —turn the hand toward the little finger.			
g. Repeat <i>b</i> through <i>f</i> five times or the number of times stated on the care plan.			
16. Exercise the thumb (FIGURE 15.15):			
a. Hold the client's hand with one hand. Hold the thumb with your other hand.			
b. <i>Abduction</i> —move the thumb out from the inner part of the index finger.			
c. <i>Adduction</i> —move the thumb back next to the index finger.			
d. <i>Opposition</i> —touch each fingertip with the thumb.			
e. <i>Flexion</i> —bend the thumb into the hand.			
f. <i>Extension</i> —move the thumb out to the side of the fingers.			
g. Repeat <i>b</i> through <i>f</i> five times or the number of times stated on the care plan.			
17. Exercise the fingers (FIGURE 15.16):			
a. <i>Abduction</i> —spread the fingers and thumbs apart.			
b. <i>Adduction</i> —bring the fingers and thumbs together.			
c. <i>Extension</i> —straighten the fingers so that the fingers, hand, and arm are			

straight.			
d. <i>Flexion</i> —make a fist.			
e. Repeat <i>a</i> through <i>d</i> five times or the number of times stated on the care plan.			
18. Exercise the hip (FIGURE 15.17):			
a. Support the leg. Place one hand under the knee. Place your other hand under the ankle.			
b. <i>Flexion</i> —raise the leg.			
c. <i>Extension</i> —straighten the leg.			
d. <i>Abduction</i> —move the leg away from the body.			
e. <i>Adduction</i> —move the leg toward the other leg.			
f. <i>Internal rotation</i> —turn the leg inward.			
g. <i>External rotation</i> —turn the leg outward.			
h. Repeat <i>b</i> through <i>g</i> five times or the number of times stated on the care plan.			
19. Exercise the knee (FIGURE 15.18):			
a. Support the knee. Place one hand under the knee. Place your other hand under the ankle.			
b. <i>Flexion</i> —bend the leg.			
c. <i>Extension</i> —straighten the leg.			
d. Repeat <i>b</i> and <i>c</i> five times or the number of times stated on the care plan.			
20. Exercise the ankle (FIGURE 15.19):			
a. Support the foot and ankle. Place one hand under the foot. Place your other hand under the ankle.			
b. <i>Dorsiflexion</i> —pull the foot forward. Push down on the heel at the same time.			
c. <i>Plantar flexion</i> —turn the foot down, or point the toes.			
d. Repeat <i>b</i> and <i>c</i> five times or the number of times stated on the care plan.			

21. Exercise the foot (FIGURE 15.20):			
a. Continue to support the foot and ankle.			
b. <i>Pronation</i> —turn the outside of the foot up and the inside down.			
c. <i>Supination</i> —turn the inside of the foot up and the outside down.			
d. Repeat <i>b</i> and <i>c</i> five times or the number of times stated on the care plan.			
22. Exercise the toes (FIGURE 15.21):			
a. <i>Flexion</i> —curl the toes.			
b. <i>Extension</i> —straighten the toes.			
c. <i>Abduction</i> —spread the toes apart.			
d. <i>Adduction</i> —pull the toes together.			
e. Repeat <i>a</i> through <i>d</i> five times or the number of times stated on the care plan.			
23. Cover the leg.			
24. Raise the bed rail, if used. Go to the other side. Lower the bed rail near you if it is up.			
25. Repeat steps 12 through 22.			
26. Ensure your client is covered with bed linens.			
27. Provide for safety and comfort.			
28. Place the call bell within reach.*			
29. Return the bed to its lowest position. Follow the care plan for bed rail use.*			
30. Remove privacy measures.			
31. Perform hand hygiene.			
Report and Record your actions and observations according to employer policy.			
*Steps marked with an asterisk may not apply in community settings.			