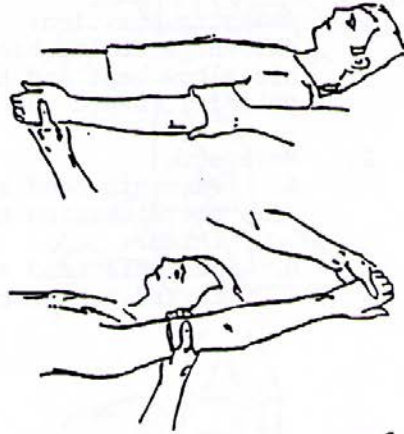


Coker Rehab Services

Home Passive Range of Motion Program

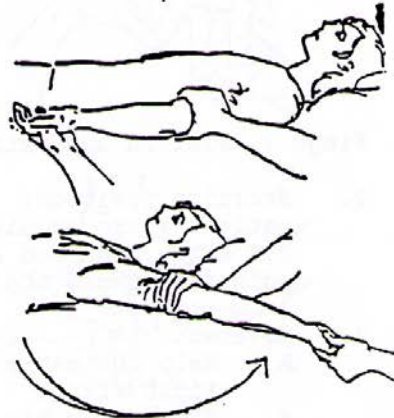
A. Shoulder Flexion

1. Starting position: Place the patient's arm straight at his side with thumb up. Position yourself at the patient's side level with his shoulder.
2. Movement: Lift the patient's arm over his head toward his ear. Keep his elbow straight and his thumb up.



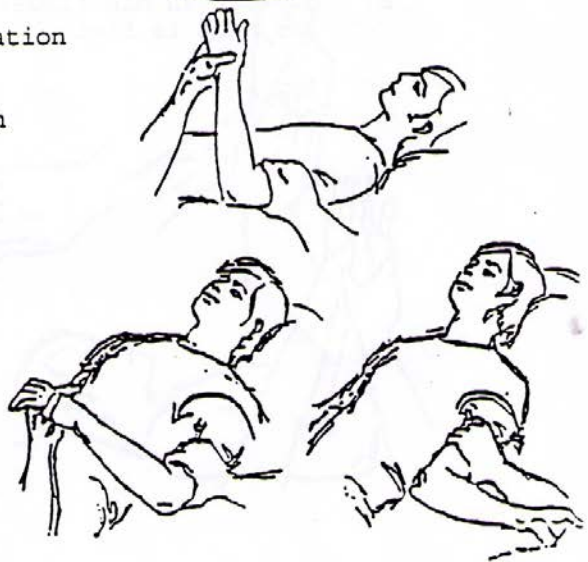
B. Shoulder Abduction and Adduction

1. Starting position: Place the patient's arm straight at his side with his palm up.
2. Movement: Move the patient's arm away from his side around toward ear. Keep his elbow straight, his palm up and his arm parallel with floor.



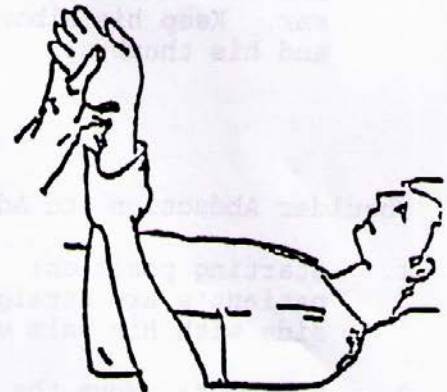
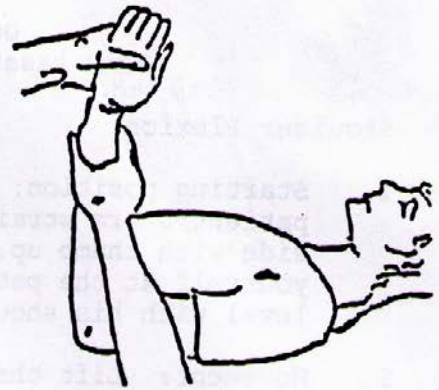
C. Shoulder Internal and External Rotation

1. Starting position: Place the patient's arm at his side with his elbow bent so his fingers are pointing toward the ceiling.
2. Movement:
 - A. Turn the patient's upper arm in so his hand moves toward his stomach.
 - B. Turn his upper arm out so his hand moves away from his stomach.



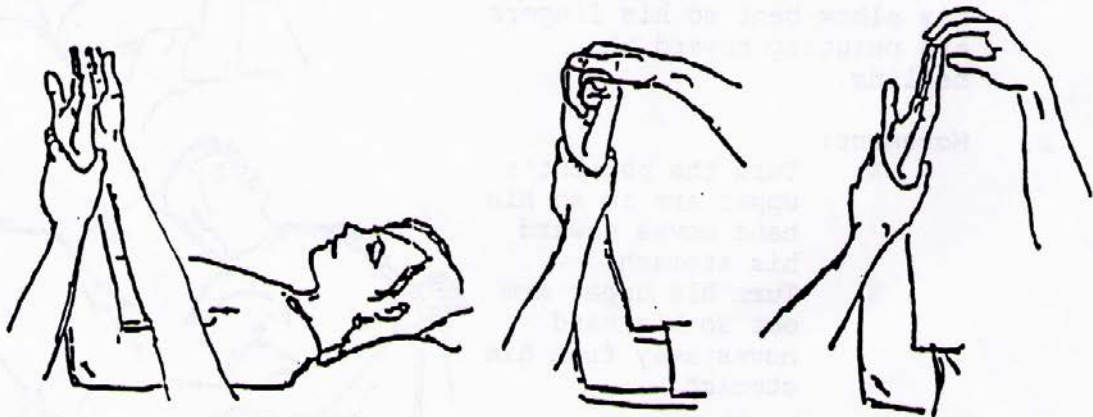
G. Wrist Ulnar and Radial Deviation

1. Starting position: Place the patient's arm at his side with his elbow bent and his fingers pointing toward the ceiling.
2. Movement:
 - A. Bend his hand sideways in the direction of his thumb.
 - B. Bend his hand sideways toward his little finger.



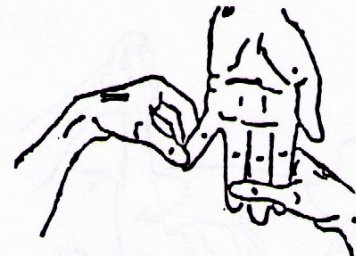
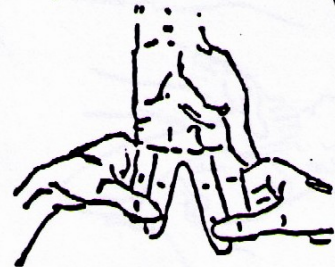
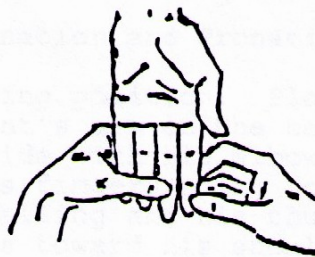
H. Finger: Flexion and Extension

1. Starting position: Place the patient's arm at his side with his elbow bent and his fingers pointing toward the ceiling.
2. Movement:
 - A. Help the patient make a tight fist.
 - B. Straighten his fingers so his hand is flat.



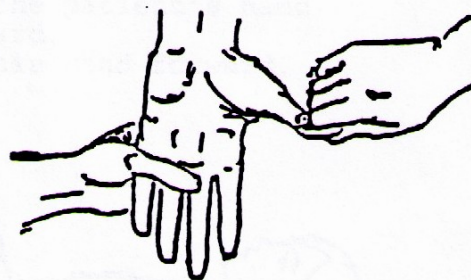
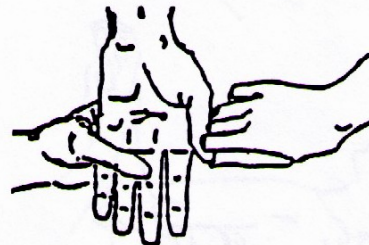
I. Finger: Abduction and Adduction

1. Starting position: Place the patient's arm straight at his side with his palm up.
2. Movement:
 - A. Spread the patient's fingers apart.
 - B. Move his fingers together.



J. Thumb: Flexion and Extension

1. Starting position: Place the patient's arm straight at his side with his palm up.
2. Movement:
 - A. Bend patient's thumb down into palm of his hand.
 - B. Straighten his thumb to (hitchhiker) position.



D. Elbow Flexion

1. Starting position: Place the patient's arm straight at his side with his thumb up.
2. Movement: Bend the patient's elbow so that his hand goes toward his shoulder.



E. Elbow Supination and Pronation

1. Starting position: Place the patient's arm on the bed at his side with his elbow bent so his fingers point toward the ceiling and his thumb points toward his shoulder.
2. Movement:
 - A. Turn the patient's forearm so his palm faces toward him.
 - B. Turn his forearm so his palm faces away from him.



F. Wrist Flexion and Extension

1. Starting position: Place the patient's arm at his side with his elbow bent so his fingers point toward ceiling.
2. Movement:
 - A. Bend the patient's hand backward.
 - B. Bend his hand forward.

