

## PASSIVE RANGE OF MOTION FOR THE LEGS

### ***Benefits of PROM***

- ◇ maintains joint mobility & elasticity of muscle
- ◇ helps with blood flow
- ◇ increases nutrition to cartilage
- ◇ prevents contractures that may interfere with activities such as dressing or bathing or may cause pain

### ***To apply PROM***

- ◇ position patient in a comfortable position with good body alignment
- ◇ position yourself so you can use proper body mechanics
- ◇ move body part through available range of motion without forcing motion or causing pain
- ◇ perform the motion slowly and rhythmically

#### □ **Ankle Dorsiflexion**

- Place one hand on the patient's shin and the other cupping the heel
- Pull at heel and push with forearm to point toes up
- Hold for 30 seconds, repeat



#### □ **Hip Flexion**

- Place your hands under the knee and ankle
- Lift leg toward chest, allow knee to bend
- Slowly lower to starting position
- Repeat



□ **Hip External Rotation**

- Place one hand under ankle and the other just above the knee
- Bend hip and knee to 90 degrees
- Move ankle inward, then return to middle (do not rotate outward)
- Repeat



□ **Hip Abduction**

- Place your hands under the knee and ankle (same as hip flexion starting position)
- Bring leg out to side while keeping knee straight
- Repeat



□ **Straight Leg Raise**

- Place one hand under the ankle and the other hand just above the knee
- Keeping the knee straight, lift the leg until you feel tension
- Reposition yourself with the foot on your shoulder and both hands above the knee
- Hold for 30 seconds, relax and repeat

