

WHAT YOU SHOULD KNOW ABOUT **RANGE OF MOTION EXERCISES**



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*Disclaimer: This brochure is designed for educational purpose only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment.

Introduction

Range of motion exercises are designed to move the joints through their full available range of motion in order to preserve their movement and prevent tightness of the muscles around them.

These exercises ensure that the joints do not get stiff and muscles/ tendons around them remain flexible.

This is important to preserve mobility, ease of care and to prevent aches and pains.



Types of Range of Motion Exercise



1. Passive Range Of Motion (PROM)

Passive Range Of Motion exercise is the movement applied to a joint by another person. These exercises are performed by the caregiver when the individual is unable to perform the movement by him/herself.

2. Active Assisted Range Of Motion (AAROM)

Active Assisted Range Of Motion exercise is the movement performed by the individual and assisted by the caregiver. The individual is able to perform part of the movement by himself/herself, while the caregiver assists to complete the action as necessary.

This booklet illustrates some of the range of motion exercises. Your therapist will advise you on the exercises that are suitable for yourself or your loved ones.

Care should be taken to ensure that the movements are not painful and not to overstretch beyond the normal limit. If unsure, do check with your therapist before proceeding with the exercises.

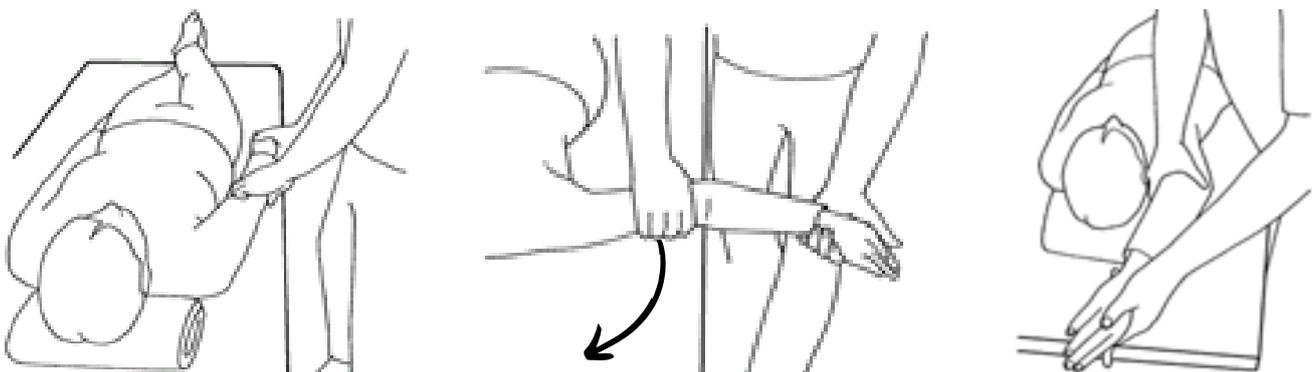
Range of Motion Exercises

Shoulder Flexion



1. Lie patient on the back with hands by the sides.
 2. Hold patient's hand and upper arm.
 3. Bring the arm up while turning the palm of the hand towards the head.
 4. Bring the arm as close to the ear as possible.
 5. Repeat 10 times
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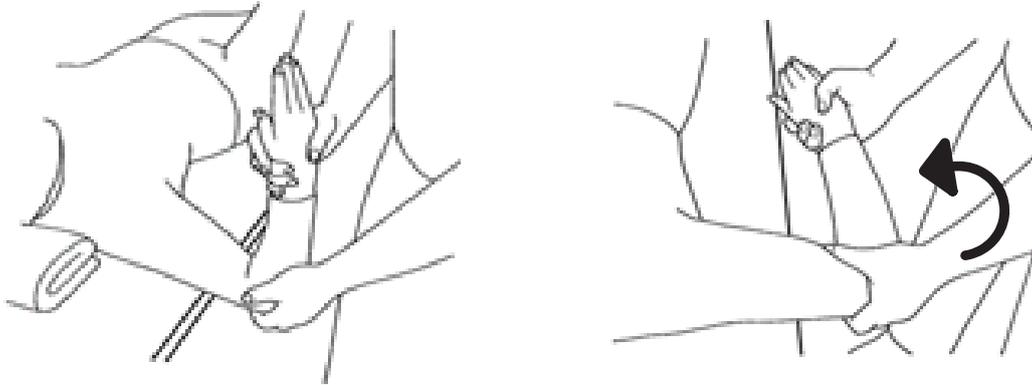
Shoulder Abduction



1. Lie patient on the back with hands by the sides.
2. Hold patient's hand and upper arm.
3. Bring the arm out to the side and up while turning the palm of the hand towards the head.
4. Bring the arm as close to the ear as possible.
5. Repeat 10 times

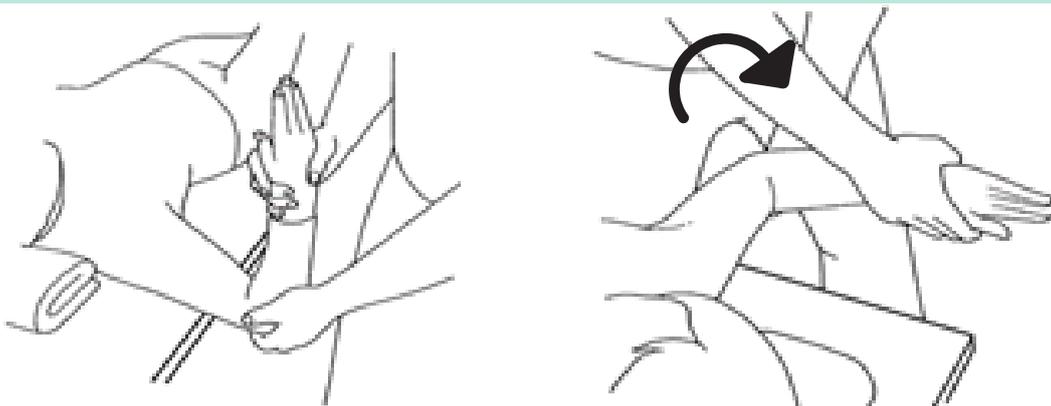
Range of Motion Exercises

Shoulder Internal Rotation



1. Lie patient on the back and hold patient's hand and elbow.
 2. Move the upper arm out to the side with supported elbow bending 90 degrees.
 3. Keep the upper arm in place while you move the hand downward, towards the feet.
 4. Repeat 10 times
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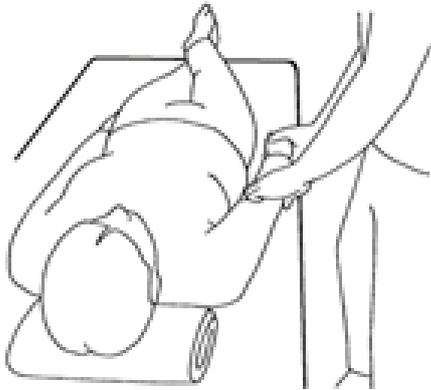
Shoulder External Rotation



1. Lie patient on the back and hold patient's hand and elbow.
2. Move the upper arm out to the side with supported elbow bending 90 degrees.
3. Keep the upper arm in place while you move the hand upward, towards the head.
4. Repeat 10 times

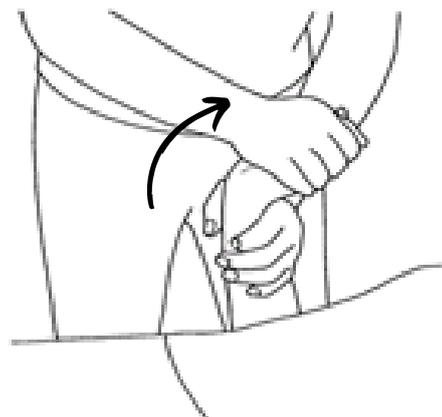
Range of Motion Exercises

Elbow Flexion - Extension



1. Lie patient on the back with hands by the sides.
2. Place one hand over patient's arm just above the elbow and with the other hand, hold the wrist.
3. Slowly bend and straighten patient's elbow.
4. Repeat 10 times

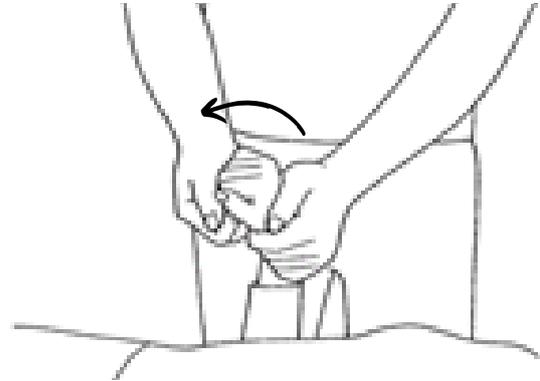
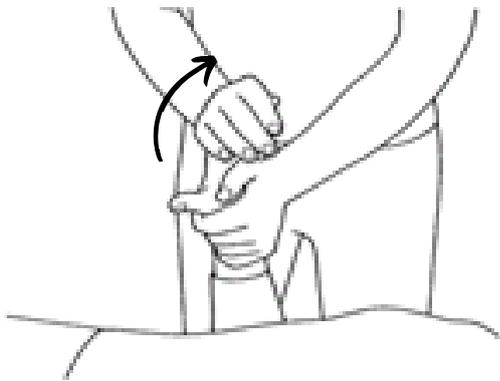
Wrist flexion - Extension



1. Lie patient on the back with hands by the sides.
2. Bend patient's elbow to 90 degrees.
3. Stabilize patient's forearm with one hand and hold the fingers and hand with the other.
4. Slowly bend patient's wrist forward and backward.
5. Repeat 10 times

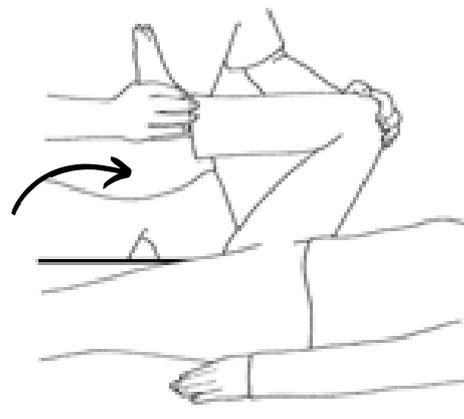
Range of Motion Exercises

Finger Mobility



1. Lie patient on the back with hands by the sides.
2. Hold patient's wrist and fingers.
3. Slowly bend and straighten patient's fingers.
4. Repeat 10 times

Hip Knee Flexion

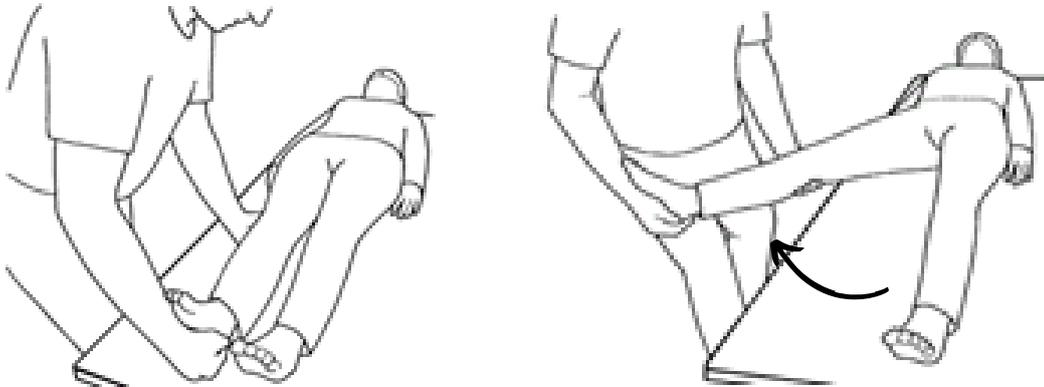


For Caregiver: Stand with your back straight and knees slightly bent.

1. Lie patient on the back with hands by the sides.
2. Place one hand under patient's heel and the other under the knee.
3. Slowly bend and straighten patient's knee (Avoid excessive pressure on the knee joint to prevent causing pain).
4. Repeat 10 times

Range of Motion Exercises

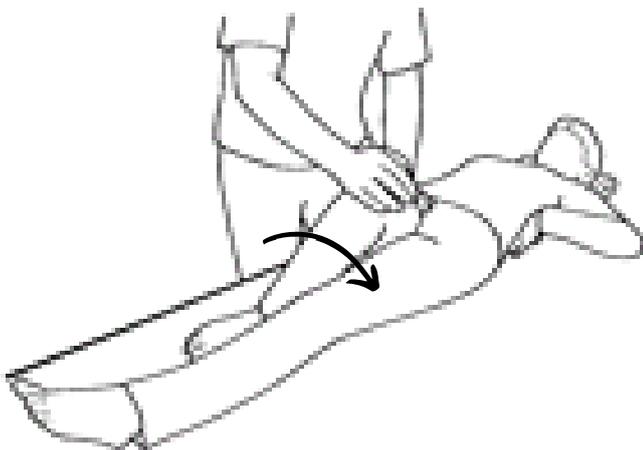
Hip Abduction



For Caregiver: Stand with your back straight and knees slightly bent.

1. Lie patient on the back with hands by the sides.
2. Place one hand under patient's heel and the other under the knee, then bring the leg out to the side.
3. Hold for 5 - 10 seconds to apply a gentle stretch to the inner thigh muscles as advised by your therapist.
4. Then bring the leg back to the starting position.
5. Repeat 10 times

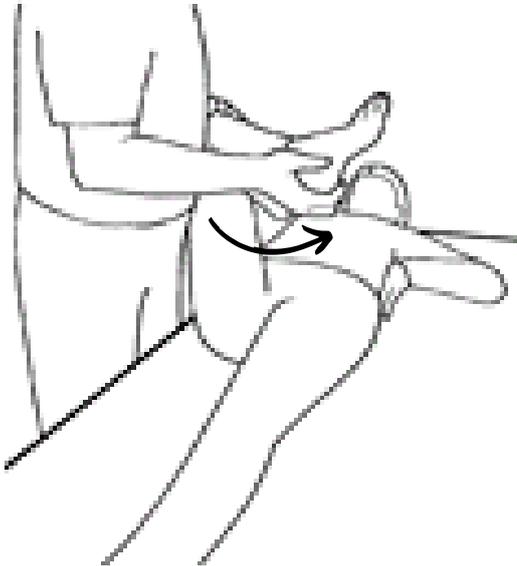
Hip Internal Rotation



1. Lie patient on the back with hands by the sides.
2. Bend patient's knee and hip towards the upper body.
3. Move patient's knee inwards and support the hip that is closest to you.
4. Repeat 10 times

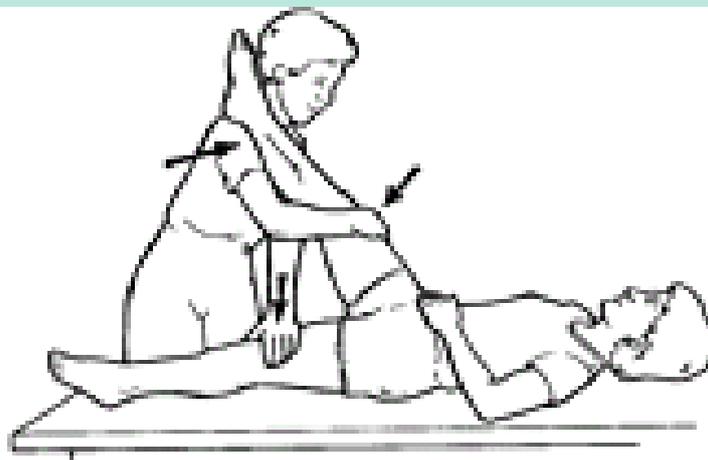
Range of Motion Exercises

Hip External Rotation



1. Lie patient on the back with hands by the sides.
2. Bend patient's hip and knee to 90 degrees as shown in the diagram.
3. Support patient's thigh against your body and hold the knee with one hand and the foot with your other hand.
4. Rotate the hip and bring the foot inwards, towards the other hip.
5. Repeat 10 times

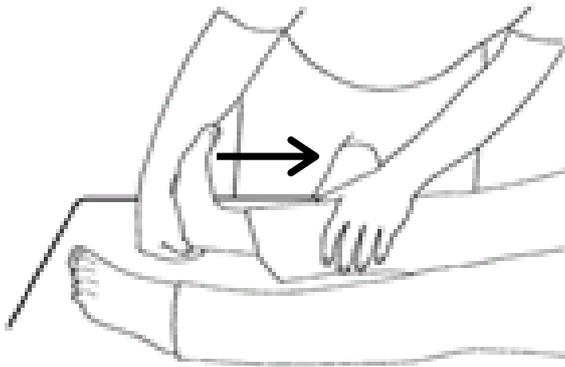
Hamstring Stretch



1. Lie patient on the back with hands by the sides.
2. Lift up the patient's leg to be stretched, you can support it over your shoulder as shown. With one hand keeping the patient's knee straight, stabilise the other leg with your other hand.
3. Lift up the leg with your shoulder until a gentle stretch is felt at the back of the leg.
4. Hold for 15 - 30 seconds
5. Repeat 5 - 10 times

Range of Motion Exercises

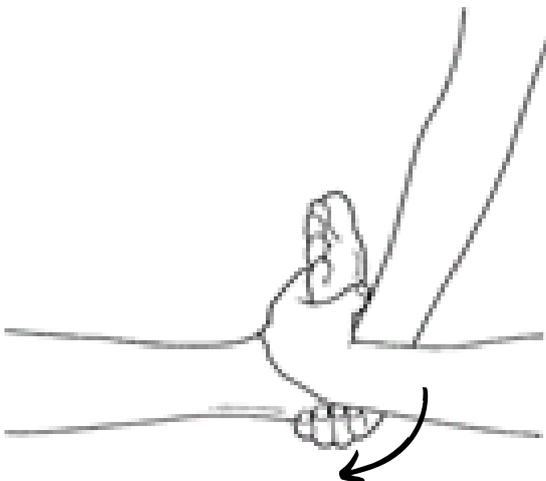
Ankle Stretching



For Caregiver: Stand with your back straight and knees slightly bent.

1. Lie patient on the back with hands by the sides.
2. Hold patient's heel and support the sole of the foot on your forearm.
3. Place your other hand above patient's ankle. Pull the heel as you push your forearm against the sole of the foot.
4. Hold for 15 - 30 seconds
5. Repeat 5 - 10 times

Ankle Eversion

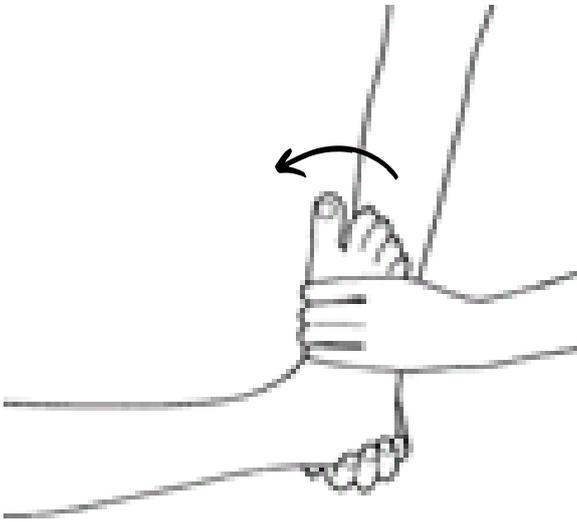


For Caregiver: Stand with your back straight and knees slightly bent.

1. Lie patient on the back with hands by the sides.
2. Hold patient's heel and place your other hand on the top of one foot.
3. Turn the heel and foot outwards, away from the other foot. Then slowly bring back to starting position.
4. Repeat 10 times

Range of Motion Exercises

Ankle Inversion



1. Lie patient on the back with hands by the sides.
2. Hold patient's heel and place your other hand on the top of one foot.
3. Turn the heel and the foot inwards, towards the other foot. Then slowly bring back to starting position.
4. Repeat 10 times

Trunk Rotation



1. Lie patient on the back with hands by the sides.
2. Bend and support both of patient's knee to 90 degrees.
3. Slowly turn patient's knees from side to side without excessive pressure.
4. Repeat 10 times

NOTES:





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