

Lower Extremity Passive Range of Motion

Purpose

The following range of motion exercises help maintain flexibility and reduce stiffness in your legs. Your therapist may recommend range of motion exercises when you are unable to easily move your legs on your own due to weakness or illness.

General instructions

- Lay on your back.
- Complete exercise once or twice per day with help from caregiver.
- Exercises should be pain free.
- With passive exercise, you should relax your leg and caregiver will complete the required movement. In some cases, therapist may direct you to assist the caregiver with each movement as able.
- Caregiver should keep limb supported throughout entire movement.
- Caregiver should move limb gently and slowly until resistance is felt. **Do not** force movement.
- Caregiver should be in a comfortable position to support back and prevent injury to self.

1. Ankle dorsiflexion and plantarflexion



Foot up (dorsiflexion)



Foot down (plantarflexion)

Instructions

Cradle the foot by placing one hand under the heel and one hand around the ball of the foot. Move the ankle up toward the head and down toward the foot of the bed. Do not allow the heel to drag on the surface of the bed.

Repeat _____ times on each leg.

Continued

2. Knee flexion and extension



Knee straight (extension)



Knee bent (flexion)

Instructions

Cradle the leg by placing one hand under the knee and one hand under heel of foot. Bend knee to bring heel of foot toward buttocks. Lower the leg to start position. Do not allow leg to fall out to the side. Do not allow heel to drag on surface of bed.

Repeat _____ times on each leg.direction.

3. Hip abduction and adduction



Leg next to other leg (adduction)



Leg out to side (abduction)

Instructions

Cradle the leg by placing one hand under the knee and one hand under the heel of the foot. Knee should remain straight. Move leg along surface of bed away from other leg and then back to starting position. Do not allow heel to drag on the surface of bed.

Repeat _____ times on each leg.

Continued

4. Hip flexion and extension



Leg straight (extension)



Knee to chest (flexion)

Instructions

Cradle the leg by placing one hand under bent knee and other hand on heel of foot. Lift the knee and bring it toward the chest. Lower the leg to start position. Do not allow leg to fall out to the side.

Repeat _____ times on each leg.