Passive Range-of-Motion Exercises

Lower Body

What are passive range-of-motion (PROM) exercises?

With these exercises, a caregiver moves part of a person’s body through its full range of motion. The caregiver does not stretch the muscles.

Instructions

• Have the person lie on his her back on a bed. He or she should wear loose clothes that allow for easy movement.

• Do all movements slowly and smoothly. Don’t force the body to move beyond its comfortable range.

• The person should not use his or her muscles to assist in the movement.

• Movement should be pain-free.

How often to exercise

Do these exercises: __________________

Special instructions

_________________________________

_________________________________

_________________________________
**Toe flexion and extension**

Support the foot: Place your hand around the middle of the foot.

Using your other hand, point the toes down toward the end of the bed. Then, point the toes up toward the knee.

Hold ______ seconds in each position. Do this ______ times for each foot.

**Ankle flexion and extension**

Support the right foot: Cup the heel with your right hand. The ball of the foot should rest on your forearm. Place your left hand above the ankle.

Using your forearm, move the foot so the toes are pointing up toward the ceiling. Then, move the foot so the toes are pointing toward the end of the bed.

Hold ______ seconds in each position. Do this ______ times for each leg.
**Ankle rotation**

Support the right foot: Place your right thumb on top and fingers on the bottom. Place your left hand above the ankle.

Turn the foot up and out. Then, turn the foot down and in.

Hold ______ seconds in each position. Do this ______ times for each leg.

**Knee and hip flexion and extension**

Support the right leg: Place your right hand under the heel. Place your left hand under the knee. It may help to kneel on the bed during this exercise.

Bring the heel toward the buttocks, bending the knee. Slowly bring the thigh toward the chest while lifting the foot off the bed. Don’t let the thigh rotate or go to the side.

Hold ______ seconds. Do this ______ times for each leg.
□ **Hip rotation**

Place your right hand on top of the right ankle. Place your left hand above the knee. Slowly roll the thigh inward and then outward. Return to resting position.

Hold ______ seconds in each position. Do this ______ times for each leg.

□ **Hip abduction and adduction (out and in)**

Support the right leg: Place your right hand under the heel. Place your left hand under the knee.

Keep the leg straight with toes pointed to the ceiling. Slowly bring the leg out to the side. Return to resting position.

Hold ______ seconds. Do this ______ times for each leg.