

**Skill 18-3** Passive Range-of-Motion Exercises

Student: \_\_\_\_\_

Date: \_\_\_\_\_

|   | <b>S</b>                 | <b>U</b>                 |
|---|--------------------------|--------------------------|
| 1. Carries out Standard Steps A, B, C, D, and E as need indicates.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Prepares the bed: wheels locked, bed at proper working height.   | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Positions patient in supine position and drapes.   | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Performs passive range-of-motion (ROM) exercises for the head and neck.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Performs passive ROM on the near upper extremity, using correct movements and appropriate number of repetitions:             |                          |                          |
| a. Arm flexion, extension   | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Shoulder abduction, adduction, internal rotation, external rotation  | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Elevation and depression of shoulders  | <input type="checkbox"/> | <input type="checkbox"/> |
| d. Wrist  | <input type="checkbox"/> | <input type="checkbox"/> |
| e. Fingers  | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Performs passive ROM on the near lower extremity, using correct movements and appropriate number of repetitions:             |                          |                          |
| a. Leg flexion and extension  | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Hip abduction and adduction  | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Hip internal rotation and external rotation  | <input type="checkbox"/> | <input type="checkbox"/> |
| d. Ankle  | <input type="checkbox"/> | <input type="checkbox"/> |
| e. Foot dorsiflexion and plantarflexion   | <input type="checkbox"/> | <input type="checkbox"/> |
| f. Toes   | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Raises side rail; moves to opposite side of bed.   | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Lowers side rail and performs passive ROM on upper extremity, using correct movements and appropriate number of repetitions. | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Performs passive ROM on lower extremity, using correct movements and appropriate number of repetitions.                      | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Places patient in position of comfort.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Carries out Standard Steps X, Y, and Z.   | <input type="checkbox"/> | <input type="checkbox"/> |

Successfully completed ☐Needs practice and retesting ☐

Comments:

Instructor: \_\_\_\_\_