

Completing Upper Extremity Passive Range of Motion Stretches (PROM): General Points to Keep in Mind

The Goals of completing PROM are: To prevent/reduce joint stiffness, to maintain full ROM in joints and soft tissue and to maintain good circulation.

- Move the person's arm **slowly** and just to the point of resistance
- **Never** cause the person pain. Remind the person to let you if they feel any pain.
- Watch the person's facial expressions (grimaces/flinching eyes) while doing exercises > sudden changes in facial expression could indicate pain!
- Always support the person's arm using both hands
- If you notice any spasms or spasticity in the arm being moved – movement must be done very slowly. Hold the limb firmly without moving until the spasm settles. (do **not** try to force the person's joint further than it wants to go!)
- If you are in doubt of how far the person's joint will go, underestimate and do not go as far > ask your Occupational Therapist about their full Range of Motion (ROM)

Shoulder Flexion (0-180°):

- Always make sure the person's **thumb is up** (as if they are hitchhiking)
- Caregiver should be on the same side as arm being stretched
- Continue stretching slowly until feel some slight resistance at the shoulder > hold this stretch for several seconds
- Ask the person if this feels ok (be aware of any pain behaviour)



Shoulder Abduction = away from the side of the body (0-180°):

- **Only** complete in lying
- Keep wrist (neutral) & elbow straight with **thumb up** (pointing towards the person's head)
- The person's arm is moved from their side sideways up towards their ear (like when a person engages in jumping jacks)
- Continue stretching slowly until you feel some resistance at the shoulder



Forearm

- **Only** complete in lying
- Keep the wrist straight (with thumb up)
- If the person could do it actively, it would be the movement of putting their palm on their lower back (internal rotation) and putting their palm on the back of their neck (external rotation)

Internal Rotation (0-80°) External Rotation (0-90°)



Passive Rom Exercises For Upper Extremity

S. Brent Brotzman, Robert C. Manske



Passive Rom Exercises For Upper Extremity:

Whispering the Secrets of Language: An Psychological Journey through **Passive Rom Exercises For Upper Extremity**

In a digitally-driven world wherever screens reign great and immediate interaction drowns out the subtleties of language, the profound secrets and emotional subtleties hidden within words usually move unheard. However, situated within the pages of **Passive Rom Exercises For Upper Extremity** a charming fictional treasure sporting with natural feelings, lies an extraordinary journey waiting to be undertaken. Composed by an experienced wordsmith, that marvelous opus encourages visitors on an introspective trip, lightly unraveling the veiled truths and profound impact resonating within ab muscles material of every word. Within the psychological depths of this touching evaluation, we shall embark upon a genuine exploration of the book is key styles, dissect their fascinating writing type, and succumb to the effective resonance it evokes deep within the recesses of readers hearts.

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