

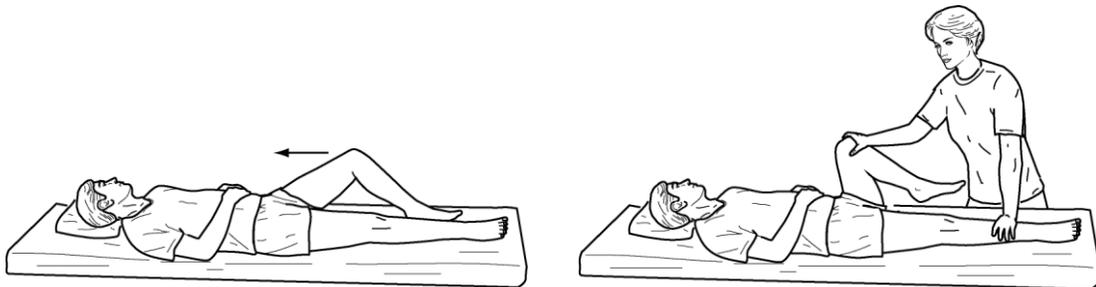
# Passive Leg Range of Motion

Range of motion (ROM) is a set of exercises done to keep normal movement in the joints. Exercise also helps keep the muscles flexible. Spasticity is an abnormal increase in muscle tone. It can cause less flexibility and may decrease the range of motion of the joints. When the joints and muscles do not have normal range of motion (ROM) and flexibility is lost, contractures will form. This prevents the body from being positioned correctly.

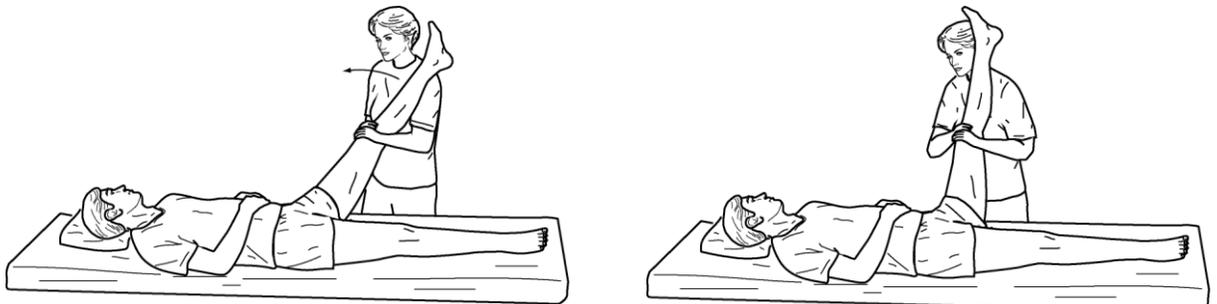
- Range of motion should be done every day.
- Each exercise should be done 10 times on each leg.
- All of these exercises are done with the person lying on their back.

## Hips

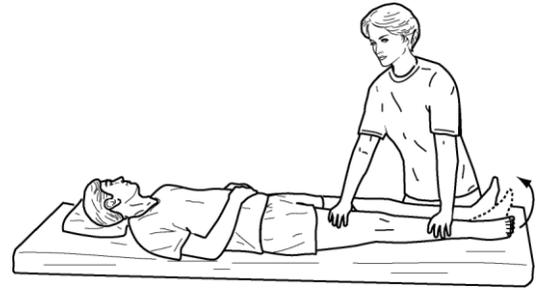
- Raise the leg, allowing the hip and knee to bend. Gently push the knee toward the chest while holding the other leg straight.



- With the foot and ankle resting on your shoulder, place both hands over the kneecap to keep the leg straight. Raise the leg as far as you can from the bed until you feel a pull. Goal is a 90 degree angle from the hips. Keep the hips and opposite leg straight.

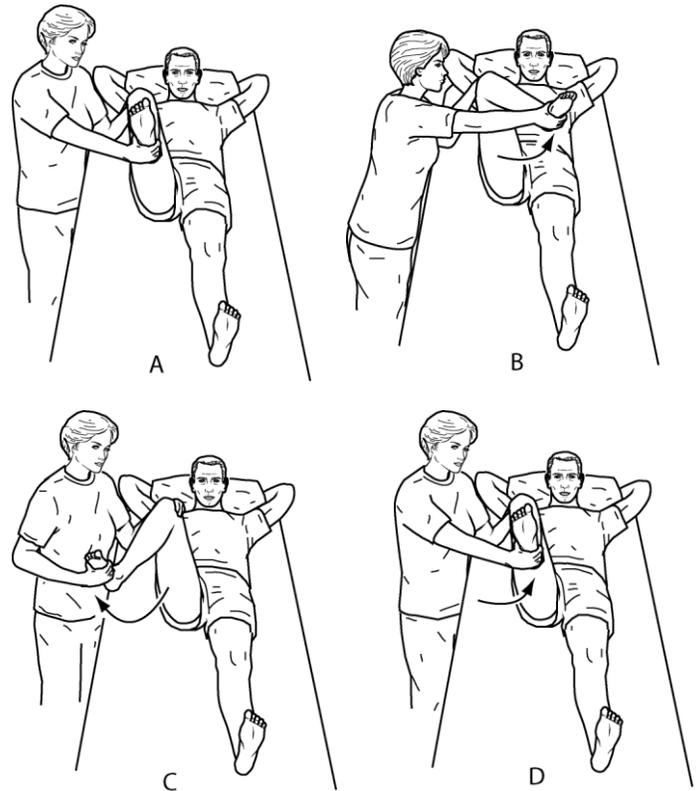


- ❑ Keep the leg flat on the bed. Hold the leg above the knee and roll the leg in and out.

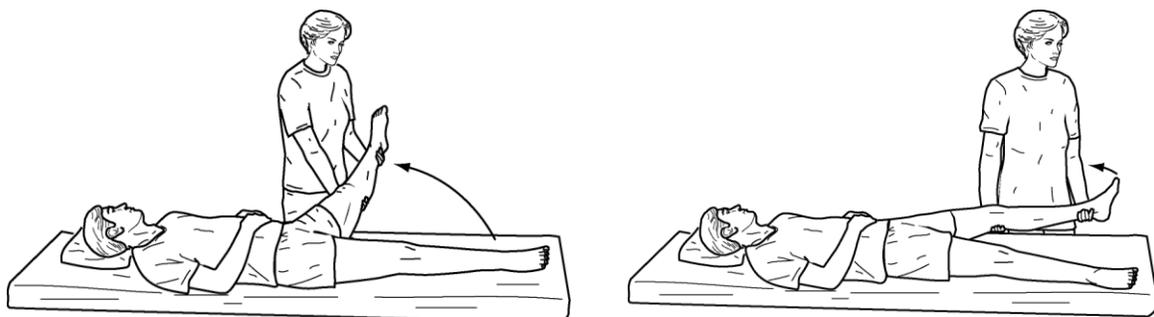


**Different Method:**

- ❑ Bend the hip and knee up so it is directly above the hip (A). Put one hand above the knee and one hand on the ankle. Turn the leg so the foot is inward across the other leg (B). Now, turn the leg out to the side (C). Force should not be used with the hand above the knee. Bring the leg back to where you started (D).

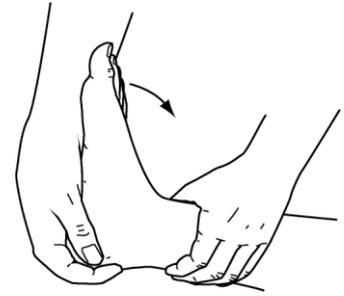


- ❑ With one hand under the ankle and one hand under the knee, bring the leg straight out to the side and then back in. Keep the kneecap pointed up.



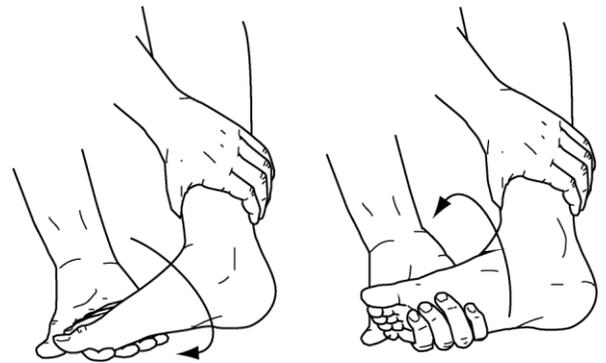
## Ankles

- ❑ Hold the heel of the foot firmly in your hand. Support the rest of the foot with your forearm. Slowly push back the foot for a firm stretch. Hold the stretch for 20 seconds.



## Feet

- ❑ Move the entire foot in circles clockwise and counterclockwise.



## Toes

- ❑ Bend and straighten each toe 5 times.

