Patient Education



Passive Range of Motion Exercises

- Before you begin, have your nurse help move lines or tubes that might be in the way.
- Slowly perform each exercise 10 times.
- Stop the exercise if you feel resistance.

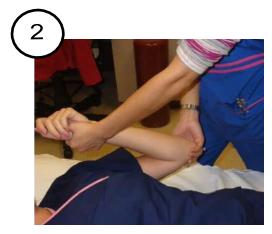
Upper Body Exercises

Finger Flexion/Extension





Elbow Flexion/Extension





Shoulder Internal/External Rotation





Shoulder Flexion/Extension





Shoulder Adduction/Abduction





Lower Body Exercises

Ankle Plantar/Dorsiflexion



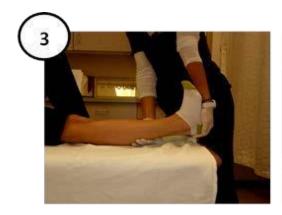


Hip Flexion/Extension



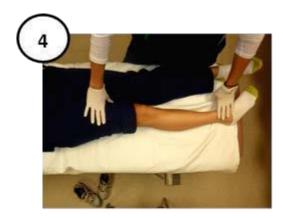


Hip Adduction/Abduction





Hip Internal/External Rotation





Knee Flexion/Extension





Range of Motion Exercises © 2014 The University of Texas MD Anderson Cancer Center 3/2019 Patient Education Office Reviewed 3/2020