

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

1



Elbow Flexion/Extension

2



Shoulder Internal/External Rotation

3



Shoulder Flexion/Extension

4



Shoulder Adduction/Abduction

5



Lower Body Exercises

Ankle Plantar/Dorsiflexion

1



Hip Flexion/Extension

2



Hip Adduction/Abduction

3



Hip Internal/External Rotation

4



Knee Flexion/Extension

5



Range of Motion Exercises

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