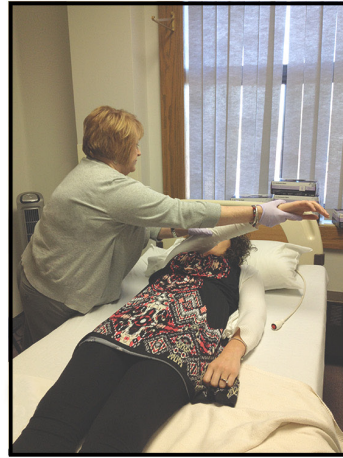


**Avera CNA On-Line Training Solutions Program ©
Passive Range of Motion**



Shoulder Flexion: With elbow straight, raise arm over head, then lower, keeping arm in front of you.
"Flyswatter"



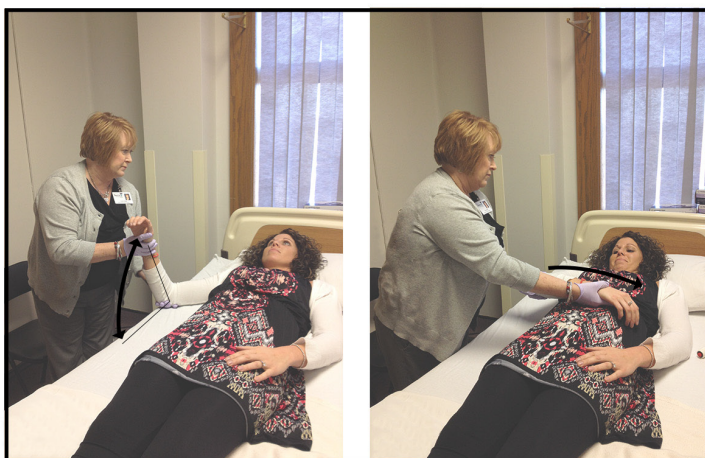
Shoulder Horizontal Abduction and Adduction: Keeping arm at shoulder level, reach across chest past opposite shoulder, then reach out to the side.
"Cross Your Heart"



Shoulder Abduction and Adduction: With elbow straight, raise arm over head, then lower, keeping arm out to the side.
"Sunrise/Sunset"



Elbow Flexion and Extension: With arm alongside body, bend elbow to touch shoulder, then straighten elbow out again.
"Shoulder Touch"

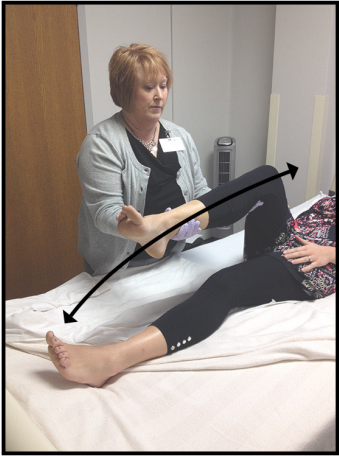


Shoulder Internal and External Rotation: Bring arm out to the side. Do not bring elbow out to shoulder level. Turn arm back and forth so forearm points down toward feet, then up toward head. With arm alongside body and elbow bent 90 degrees, turn arm so forearm points across stomach, then out to the side.

"Paddle Wheel and Stomach Ache"



Wrist Flexion and Extension: Bend wrist up and down.
"Wrist Flexion and Extension"



Hip/Knee Flexion and Extension:
Bend knee and bring it up toward chest, keeping foot off bed. Lower leg to bed, straightening knee as it goes down.

"Bicycle"



Hip Internal and External Rotation (Variation): With one knee bent and foot flat on bed, turn leg so knee moves out to the side, then inward across the other leg. Do each leg separately.



Hip Abduction and Adduction:
With leg flat on bed and knee kept pointing to ceiling, slide leg out to the side. Then slide it back to touch across the other leg.

"Abduction & Adduction"



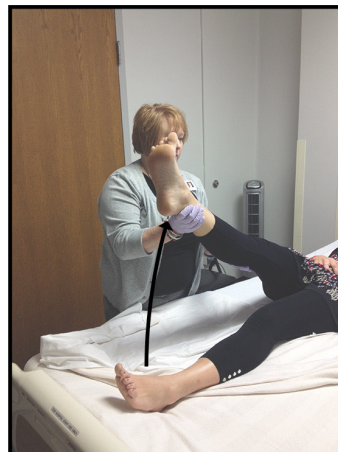
Ankle Dorsiflexion and Plantar Flexion: Bend ankles up, down, and from side to side.

"Dorsiflexion/Plantar Flexion"



Hip Internal and External Rotation (Variation): With leg flat, turn leg so knee moves out to the side, then gently turn inward towards the other leg. Do each leg separately.

"Charleston"



Straight Leg Rise:
Raise leg straight up.