

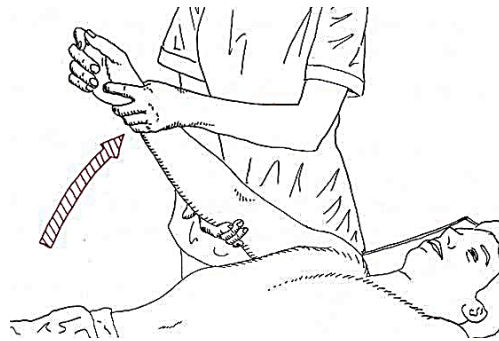
Upper Extremity Passive Range of Motion (PROM)

Repeat stretches ___ times and hold for ___ seconds.

*If you have any questions or concerns, please call your Occupational Therapist at _____.

Shoulder Flexion (0-180°):

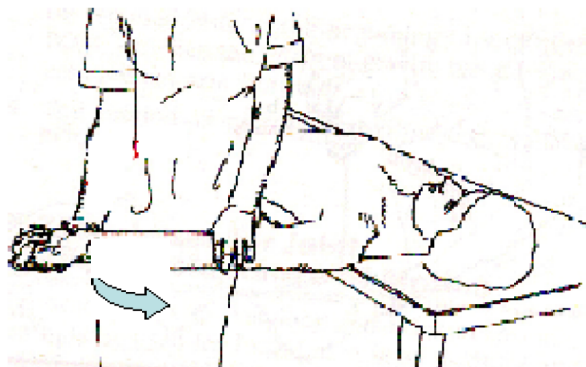
- Always make sure the person's **thumb is up** (as if they are hitchhiking)
- Caregiver should be on the same side as arm being stretched



- 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 behavior)

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

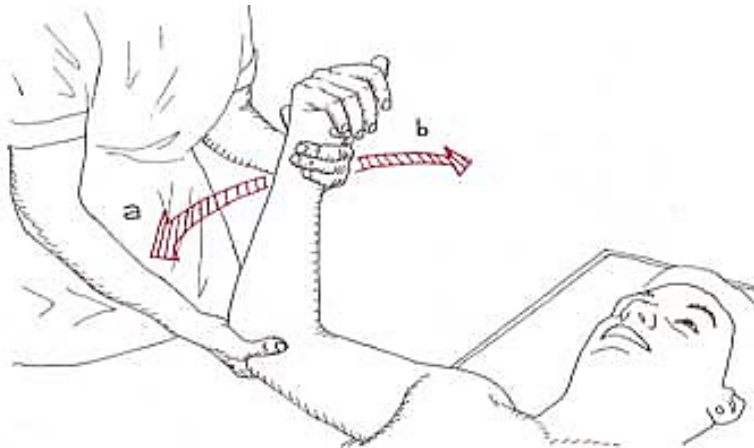
- **Only** complete in lying
- Keep wrist (neutral) & elbow straight with **thumb up** (pointing towards the person's head)
- The person's arm is moved from their side sideways up towards their ear (like when a person engages in jumping jacks)
- Continue stretching slowly until you feel some resistance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



Forearm

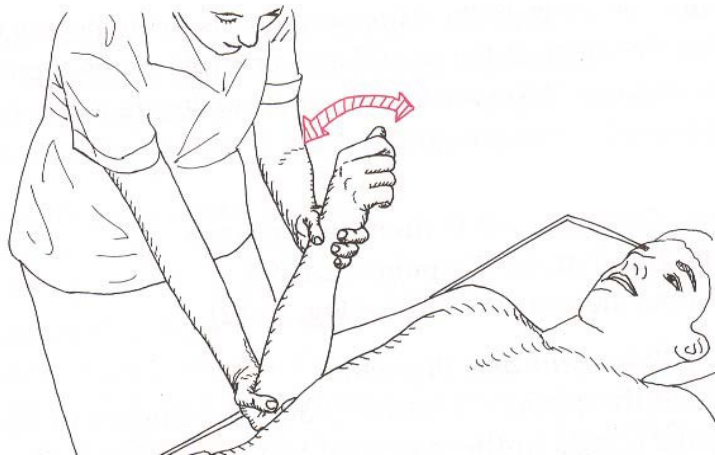
- **Only** complete in lying
- Keep the wrist straight (with thumb up)

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)



Elbow Flexion/Extension (0-150°)

- Can be completed with the person in sitting or lying
- This stretch is essentially like a biceps curl (with thumb pointing out/away from the body)



Supination/Pronation (0-80°)

- Supination is the movement of the forearm so the palm is up > thumb pointing away from the body. Think of holding a bowl of soup with palm up
- Pronation is the movement of the forearm so the palm is down > thumb pointing **towards** the body.
- Make sure to rotate the arm from the wrist/lower arm and hold the elbow stable

**In a person with ROM limitations, supination may be restricted/limited (be aware that you may only be able to move the person's wrist to a neutral position (thumb pointing up like when giving the "thumbs up" sign



Wrist Flexion/Extension (0-80°)

- Can be completed in sitting or lying
- Gently bend the wrist towards the inside of the arm (flexion) and bend the wrist towards the back of the arm (extension)



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