PASSIVE RANGE OF MOTION FOR THE LEGS

Benefits of PROM

◊ maintains joint mobility & elasticity of muscle
◊ helps with blood flow
◊ increases nutrition to cartilage
◊ prevents contractures that may interfere with activities such as dressing or bathing or may cause pain

To apply PROM

◊ position patient in a comfortable position with good body alignment
◊ position yourself so you can use proper body mechanics
◊ move body part through available range of motion without forcing motion or causing pain
◊ perform the motion slowly and rhythmically

☐ Ankle Dorsiflexion

 o Place one hand on the patient’s shin and the other cupping the heel
 o Pull at heel and push with forearm to point toes up
 o Hold for 30 seconds, repeat ___ times

☐ Hip Flexion

 o Place your hands under the knee and ankle
 o Lift leg toward chest, allow knee to bend
 o Slowly lower to starting position
 o Repeat ___ times
**Hip External Rotation**
- Place one hand under ankle and the other just above the knee
- Bend hip and knee to 90 degrees
- Move ankle inward, then return to middle (do not rotate outward)
- Repeat ___ times

**Hip Abduction**
- Place your hands under the knee and ankle (same as hip flexion starting position)
- Bring leg out to side while keeping knee straight
- Repeat ___ times

**Straight Leg Raise**
- Place one hand under the ankle and the other hand just above the knee
- Keeping the knee straight, lift the leg until you feel tension
- Reposition yourself with the foot on your shoulder and both hands above the knee
- Hold for 30 seconds, relax and repeat ___ times