

## Checklist: Assist with Upper Extremity Range of Motion (Shoulder)

Assist with Upper Extremity Range of Motion (Shoulder)	Able to Perform	Unable to Perform
1. Perform hand hygiene and identify the resident according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
2. Explain the procedure and provide privacy before beginning.	<input type="checkbox"/>	<input type="checkbox"/>
3. Position resident laying on back (supine). Maintains proper body alignment and supports the extremity throughout movement.	<input type="checkbox"/>	<input type="checkbox"/>
4. Observe for pain, stiffness, swelling, resistance, or limited range of motion and report concerns according to facility policy. Ask the resident if they are feeling any pain or discomfort during the procedure. Do not cause discomfort or pain and do not force any joint beyond the point of free movement.	<input type="checkbox"/>	<input type="checkbox"/>
5. Perform passive range-of-motion exercises only as directed in the care plan. Do not perform ROM on joints with recent injury, surgery, pain, or restrictions unless directed by the nurse or therapist.	<input type="checkbox"/>	<input type="checkbox"/>
6. Correctly supports joints at all times by placing one hand under the elbow and the other hand under the resident's wrist.	<input type="checkbox"/>	<input type="checkbox"/>
7. Raises resident's arm up and over the resident's head : Flexion	<input type="checkbox"/>	<input type="checkbox"/>
8. Brings the resident's arm back down to the resident's side : Extension	<input type="checkbox"/>	<input type="checkbox"/>
9. Completes full range of motion for shoulder through flexion and extension three times.	<input type="checkbox"/>	<input type="checkbox"/>
10. Continue to correctly support joints by placing one hand under the resident's elbow and the other hand under the resident's wrist.	<input type="checkbox"/>	<input type="checkbox"/>
11. Moves the resident's entire arm out away from the body : Abduction	<input type="checkbox"/>	<input type="checkbox"/>
12. Return the resident's arm to the middle of the resident's body : Adduction	<input type="checkbox"/>	<input type="checkbox"/>
13. Complete full range of motion for shoulder through abduction and adduction three times.	<input type="checkbox"/>	<input type="checkbox"/>
14. Leaves resident in a comfortable position.	<input type="checkbox"/>	<input type="checkbox"/>
15. Perform hand hygiene after completing care.	<input type="checkbox"/>	<input type="checkbox"/>