

## Skills Checklist: Range of Motion Hip and Knee

**Nursing Assistant's Name:**

**Reviewer Name:**

Procedure Steps	Performed	Performed, but needs improvement	Did not Perform
Carry out Initial Steps			
Feedback			
Positions bed flat			
Feedback			
<b>Positions resident supine</b>			
Feedback			
Correctly supports joints at all times by placing one hand under the knee and the other hand under the ankle			
Feedback			
Moves the entire leg away from the body: Abduction			
Feedback			
Moves the entire leg back toward the body :Adduction			
Feedback			
Completes abduction and adduction of the hip three times			
Feedback			
Continue to correctly support joints by placing one hand under the resident's knee and the other hand under the resident's ankle			
Feedback			
Bends the resident's knee and hip toward the resident's trunk : Flexion			
Feedback			

Straighten the knee and hip : Extension			
Feedback			
Complete flexion and extension of knee and hip three times			
Feedback			
<b>Does not cause discomfort or pain and does not force any joint beyond the point of free movement</b>			
Feedback			
<b>Must ask resident if they are causing the resident any pain or discomfort</b>			
Feedback			
Leaves resident in a comfortable position			
Feedback			
Carries out final steps			
Feedback			

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