

Skills Checklist: Range of Motion Shoulder

Nursing Assistant's Name:

Reviewer Name:

Procedure Steps	Performed	Performed, but needs improvement	Did not Perform
Carry out Initial Steps			
Feedback			
Positions resident on supine			
Feedback			
Correctly supports the resident's joint by placing one hand under their elbow and the other hand under the resident's wrist			
Feedback			
Raises resident's arm up and over the resident's head :Flexion			
Feedback			
Brings the resident's arm back down to the resident's side :Extension			
Feedback			
Completes full range of motion for shoulder through flexion and extension three times			
Feedback			
Continue supporting joints correctly by placed one hand under the resident's elbow and the other hand under the resident's wrist			
Feedback			
Moves the resident's entire arm out away from the body :Abduction			
Feedback			
Return the resident's arm to the			

middle of the resident's body :Adduction			
Feedback			
Complete full range of motion for shoulder through abduction and adduction three times			
Feedback			
Does not cause discomfort or pain and does not force any joint beyond the point of free movement			
Feedback			
Must ask resident if they are causing the resident any pain or discomfort			
Feedback			
Leaves resident in a comfortable position			
Feedback			
Carries out final steps			
Feedback			

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