

## 11.) Range of Motion (ROM) Exercises for a Client's Upper (One Shoulder) and Lower Extremities (Hip and Knee)

	Knocks on the door.	
	Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry.	
	Explain the procedure to the client.	
	Provides for privacy - pull the curtain.	
	Correctly support the client's joints by placing one hand under the client's elbow and the other hand under the client's wrist.	
	Raise the client's arm up and over the client's head. (flexion)	
	Bring the client's arm back down to the client's side. (extension)	
	Complete flexion and extension of the client's shoulder at least three times.	
	Continue the same support for the client's shoulder joint by placing one hand under the client's elbow and the other under the client's wrist.	
	Move the client's entire arm away from the client's body. (abduction)	
	Return the client's arm to the side of the client's body. (adduction)	
	Complete abduction and adduction of the client's shoulder at least three times.	
	Correctly support the client's joints by placing one hand under the client's knee and the other under the client's ankle.	
	Bend the client's knee and hip toward the client's trunk. (flexion of hip and knee in the same motion - may also do separately)	
	Straighten the client's knee and hip. (extension of hip and knee in the same motion - may also do separately)	
	Complete flexion and extension of the client's knee and hip at least three times.	
	Continue to correctly support the client's joints by placing one hand under the client's knee and the other under the client's ankle.	

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	Move the client's entire leg away from the body. (abduction)	
	Moves the client's entire leg toward the body. (adduction)	
	Complete abduction and adduction of the client's hip at least three times.	
	<b>The candidate must ask the client if they are having any pain or discomfort during the ROM demonstration.</b>	
	Leaves the client in a comfortable position.	
	Maintains respectful, courteous interpersonal interactions at all times.	
	Place the call light or signaling device within easy reach of the client.	
	Perform hand hygiene. <ul style="list-style-type: none"> <li>a. Cover all surfaces of hands with hand sanitizer.</li> <li>b. Rub your hands together until they are completely dry.</li> </ul>	