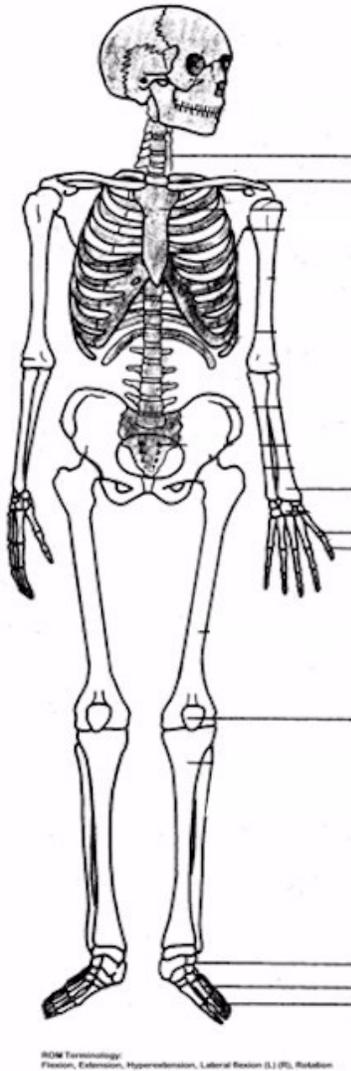


Name: \_\_\_\_\_



### Range of Motion

“Range of motion,” it is a very precise concept. It refers to two events, the assessment parameter performed during the physical exam AND exercises performed at the bedside targeting specific joints – typically the larger joints like shoulder, elbow, wrist, hip, knee, and ankle. Range of motion is measured in degrees (see attached).

Both the assessment and the exercises are performed by moving the joint through the

highest tolerated range in all directions, either independently (active) or with assistance (passive).

Documentation of a patient’s ROM as “passive,” means the patient had to have help to perform the range of motion exercise. Passive ROM exercises are typically performed in comatose patients, stroke or neurologically damaged patients, and those who otherwise cannot move the extremities. The exercises are performed regularly to prevent loss of function in the joint. It is a therapeutic process. Patients who can move their extremities are encouraged regularly to exercise their joints to maintain or improve mobility, especially when on bed rest.

Documentation of ROM exercises on the Activity sheet would include affirmation by your initials that the process was performed actively or passively, and some form of documentation should be included in the narrative describing the process and outcome.

If you plan to write “Full ROM all extremities,” in your assessment, make sure you have verified the angle of motion in every joint in the extremities and document joint angles were verified. The diagram on the left identifies the major joints you would be expected to measure in order to document “full ROM all extremities.”

As an alternative, you can chart exactly what is assessed; e.g. moves all extremities to command with no gross limitations, or, restricted motion in left arm- unable to raise elbow above clavicle level, etc.

Anything else is falsification of the medical record.

Thank you.

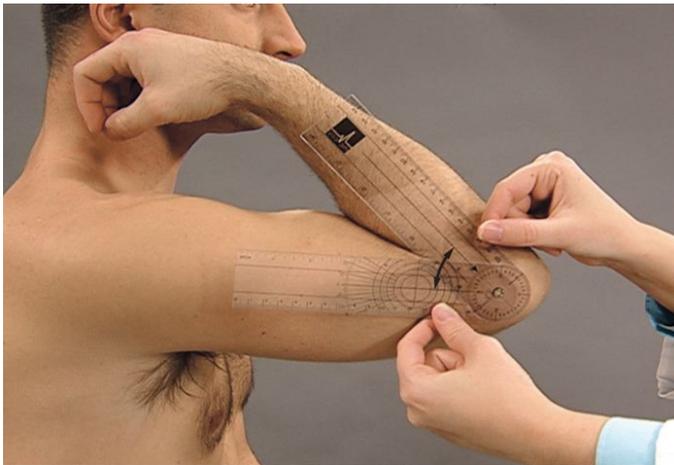
**TABLE 21-2 Assessing Muscle Strength**

| Muscle Function Level  | Grade |
|--|-------|
| No evidence of movement  | 0     |
| Trace of movement  | 1     |
| Full range of motion, but not against gravity*                     | 2     |
| Full range of motion against gravity but not against resistance    | 3     |
| Full range of motion against gravity and some resistance, but weak | 4     |
| Full range of motion against gravity, full resistance              | 5     |

From Jacobson, 1998.

\* Passive movement.

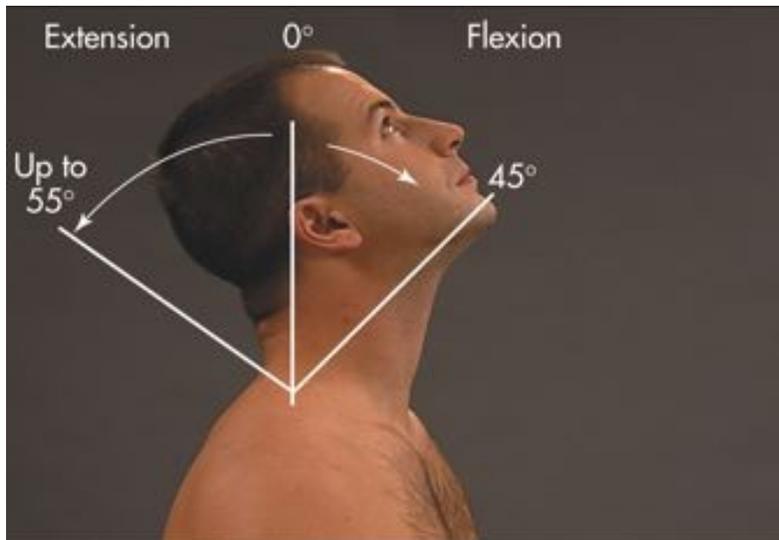
(Seidel, Henry M.. *Mosby's Guide to Physical Examination, 6th Edition*. Mosby, 032006.).



**Figure 33-74 The client flexes the arm; the goniometer measures joint range of motion. (From Seidel HM and others: *Mosby's guide to physical examination*, ed 6, St. Louis, 2006, Mosby.)**

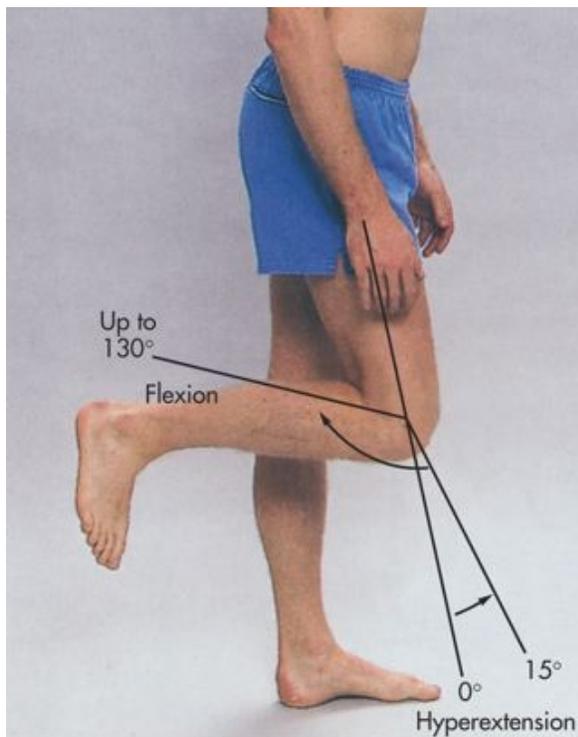
(Potter, Patricia A. . *Fundamentals of Nursing (With Media)*, 7th Edition. Mosby, 032008.).





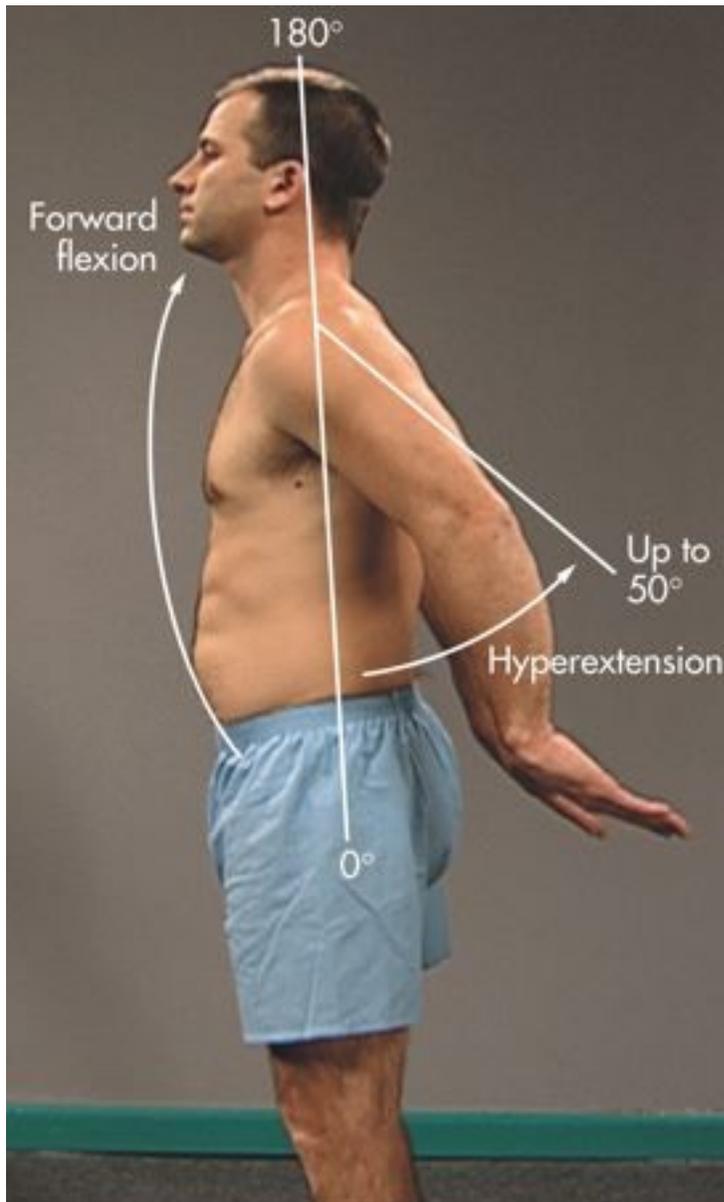
**FIGURE 21-17** Range of motion of the cervical spine. **A, Flexion and hyperextension. B, Lateral bending. C, Rotation.**

(Seidel, Henry M.. *Mosby's Guide to Physical Examination, 6th Edition.* Mosby, 032006.).



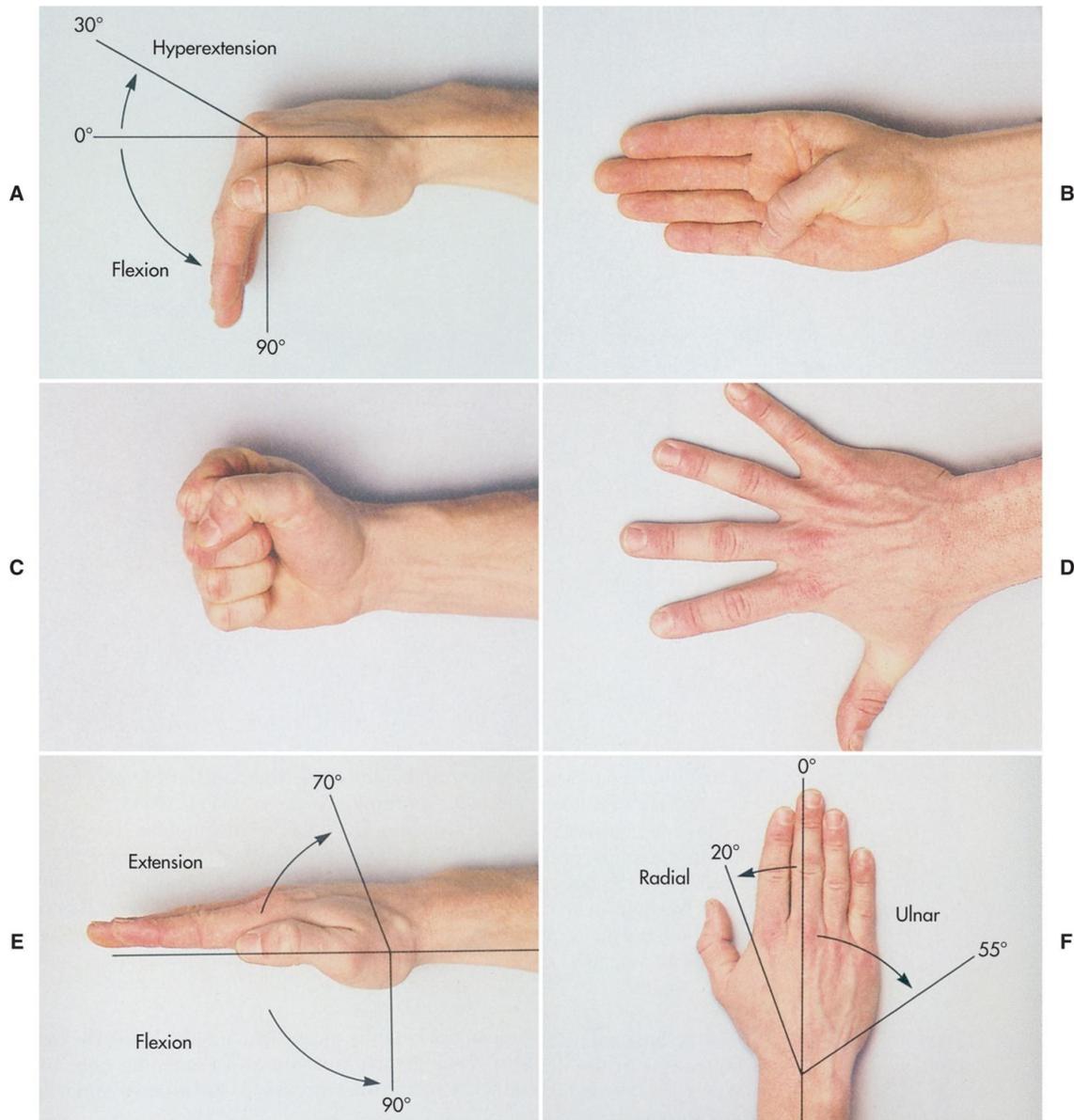
**FIGURE 21-37** Range of motion of the knee: flexion and extension.

(Seidel, Henry M.. *Mosby's Guide to Physical Examination, 6th Edition.* Mosby, 032006.).



**FIGURE 21-25 Range of motion of the shoulder. A, Forward flexion and hyperextension. B, Abduction and adduction. C, Internal rotation. D, External rotation. E, Shrugged shoulders.**

(Seidel, Henry M.. *Mosby's Guide to Physical Examination, 6th Edition.* Mosby, 032006.).



**Figure 33-73 Range of motion of the hand and wrist. A, Metacarpophalangeal flexion and hyperextension. B, Finger flexion: thumb to each fingertip and to the base of the little finger. C, Finger flexion, fist formation. D, Finger abduction. E, Wrist flexion and hyperextension. F, Wrist radial and ulnar movement. (From Seidel HM and others: *Mosby's guide to physical examination*, ed 6, St. Louis, 2006, Mosby.)**

(Potter, Patricia A. . *Fundamentals of Nursing (With Media)*, 7th Edition. Mosby, 032008.)