

RANGE OF MOTION EXERCISES IN THE WHEELCHAIR

1. Knee to Chest:

1.1 Starting position:



- Secure wheelchair against a wall.
- Place your chair perpendicular to the wheelchair.



- Place your closest knee under client's thigh.

1.2 Stretch:



- Place one hand under client's thigh and other under client's foot and bend hip and knee until patient's foot is resting on your furthest thigh.
- Keeping one hand under the client's thigh push the client's knee to her/his chest using your furthest thigh to assist. Try to keep the client's foot and knee in line with the client's hip.
- Hold _____ seconds.
- Repeat _____ times.

- **NOTE:** The first few repetitions may be difficult but should become easier with time.

2. Rotation/Inner Thigh Stretch in Sitting:

2.1 Starting Position:

Use the same starting position as described in 1.1

2.2 Stretch:



- Place one hand under the client's thigh and the other hand under the client's foot and lift the leg so it is resting on your furthest thigh.
- Place one hand on the inside of the client's knee and place your other hand loosely over the client's foot.
- Pull the knee towards you until you feel some resistance. This stretch should be felt on the inner aspect of the thigh. Hold _____ seconds. Repeat _____ times.

3. Hip Rotations:

3.1 Starting Position:

Use the same starting position as described in 1.1

3.2 Stretch:



- Reach down and place your hand on the client's outside ankle. Rotate the leg so that the foot moves closer to the other leg. Hold _____ seconds. Repeat _____ times.



- Reach down and place your hand on the inside aspect of the client's ankle. Rotate the leg by moving the foot away from the other leg. Hold _____ seconds. Repeat _____ times.

4. Hamstrings Stretch In Sitting:

4.1 Starting Position:

Use the same starting position as described in 1.1

4.2 Stretch:



- Place the client's lower leg on your furthest thigh.
- Try to straighten the client's knee by placing your hand on the client's thigh (above the knee) and gently pushing the thigh downward. This stretch will be felt on the back of the upper thigh. Hold _____ seconds. Repeat _____ times.

5. Ankle Stretch:

5.1 Starting Position:

Maintain same position as in 4.2 hamstring stretch

5.2 Stretch:



- Cup your hand around the client's heel so that your forearm is resting on the sole of his/her foot. Gently push the foot up towards the client's head. This stretch will be felt in the calf muscle. Hold _____ seconds. Repeat _____ times.

RANGE OF MOTION EXERCISES IN BED

1. Inner Thigh Stretch:



- Client is lying on her/his back.
- Assist client to bend both knees.
- Place a pillow between the knees.
- Continue placing as many pillows as possible between client's knees. Leave client in this position for _____ minutes.

2. Lumbar Spine Stretch:



- Place your hand on the outside of the client's furthest knee and pull both knees to one side allowing for a rotation stretch in the spine. Hold _____ seconds. Repeat _____ times. Repeat on the other side.