

Arthritis Program

Range of Motion Exercises

Rehabilitation Services

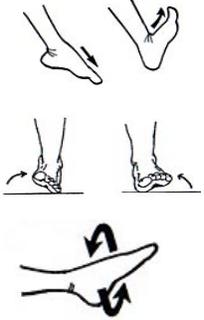
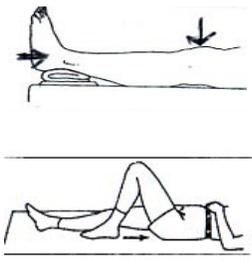
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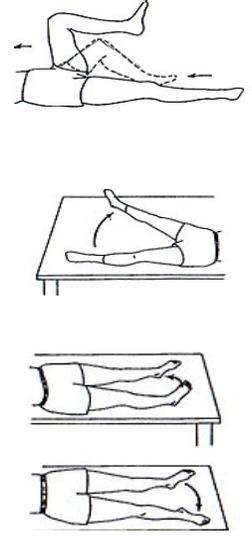
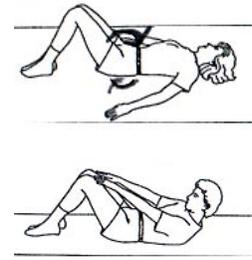
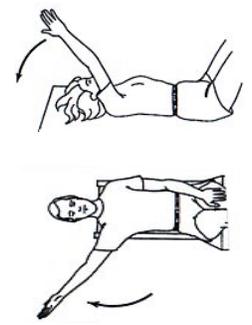
231 East 15th Street
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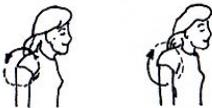
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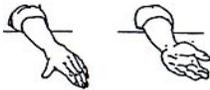
Range of Motion Exercises

To be done daily - preferably in the morning to help alleviate morning stiffness. Each exercise to be performed a minimum of twice, aiming at full range of movement.

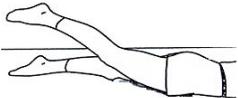
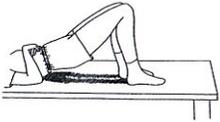
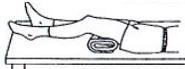
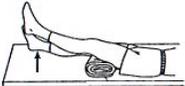
| A. Lying On Your Back: | |
|---|--|
| <p>Feet:</p>  | <ul style="list-style-type: none"> a) Dorsi/plantar flexion-pull feet up and point down b) Inversion/eversion-turn soles of feet in and out. Keep hips and knees still. c) Circling |
| <p>Knees:</p>  | <ul style="list-style-type: none"> a) Knees straight, tighten your thigh muscles b) Flexion-bend one knee, sliding heel up toward buttocks as far as possible. Then straighten. Repeat with other leg. |

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| <p>Hips:</p>  | <ul style="list-style-type: none"> a) Flexion-bend knee up to chest as far as you can. Lower slowly and straighten. Repeat with other leg. b) Abduction-slide straight leg out sideways leading with your heel. Then back to midline. Repeat with other leg. c) Rotation-legs out straight-roll legs inward so that kneecaps face each other, then roll outwards. |
| <p>Abdominals:</p>  | <ul style="list-style-type: none"> a) Pelvic tilt-tighten stomach muscles and flatten the small of your back into the bed. b) Do pelvic tilt-hold, lift your head and shoulders, stretch hands towards your knees. |
| <p>Shoulders:</p>  | <ul style="list-style-type: none"> a) Raise arms forwards and up above your head as far as you can, keeping elbows straight b) Move arms out to the side. Try to bring hands together above your head, keeping elbows straight. |

| B SITTING: | |
|---|--|
| <p>Neck:</p>   | <p>a) Rotation-turn your head to look over your right shoulder, then to left</p> <p>b) Side flexion-look straight ahead. Tilt your head sideways taking your ear towards your shoulder. Repeat to other side</p> |
| <p>Shoulders:</p>    | <p>a) <u>Shrug</u> shoulders up towards your ears then relax</p> <p>b) <u>Circle</u> shoulders up and round backwards, then up and round forwards</p> <p>c) Rotation-put hands behind neck, then behind waist, alternately</p> |

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| <p>Elbows:</p>   | <p>a) Bend your elbows-try to touch your fingertips to your shoulders straighten your arms getting your elbows as straight as possible.</p> <p>b) Elbows bent and tucked into your side-turn your palms up to the ceiling then down to face the floor</p> |
| <p>Wrist:</p>  | <p>Move forward and back at the wrists.</p> |
| <p>Hands:</p>   | <p>a) Curl tips of fingers to touch base of fingers (keep <u>big</u> knuckles straight) i.e. <u>tuck</u> fingers. <u>Then</u> roll into a loose <u>fist</u> position then stretch</p> <p>b) Bring tips of thumb and little finger together to make a perfect circle, and then stretch as far as possible. Repeat with each fingertip.</p> |

Advanced Exercises

| Lying: | |
|---|---|
| <p>Hips:</p>    | <p>a) Side lying with bottom knee bent up for stability, lift top leg, keeping knee straight, leading with heel</p> <p>b) Lying face down, alternately lift legs backwards with knee straight</p> <p>c) Lying on your back, knees bent, feet flat on bed, lift buttocks about 2" off bed. Hold to count of five, lower slowly</p> |
| <p>Knees:</p>   | <p>Lying with rolled phone book under knees, straighten one knee, hold to count of five, then relax, repeat with other leg.</p> |

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