

# Introduction to Range of Motion

## Curriculum Overview

### Designed for:

- High school students
- Post-secondary students in health occupations courses
- Certified Nursing Assistant (CNA) training courses

### Length:

The activities in this curriculum will last approximately 1 hour. With supplemental materials, this curriculum can be adapted to a longer block of time.

### Goal:

To help participants learn how to properly complete passive range of motion on a patient.

### Synopsis:

This curriculum helps participants learn about considerations during Range of Motion exercises and the proper procedure surrounding it. The lesson begins with activities that students may complete before the content is presented. Educators have a choice to include the empathy activity focusing on patient-centered care to teach important nursing soft skills. The lesson uses a slide presentation and integrates the Geriatric Nursing Manikin to learn the proper procedure and documentation surrounding range of motion exercises. A brief quiz is included for assessment.

### Curriculum Components:

- Teacher's guide - Complete lesson, including detailed steps of activities, time and materials needed, student handouts and instructor information to teach the lesson
- Student materials
- Assessment tools
- PowerPoint presentation slides

### Learning Objectives:

- Utilize proper range of motion terminology
- Identify reasons for range of motion exercises
- Identify guidelines for safe range of motion
- Demonstrate proper passive range of motion techniques