

Range of Motion (Focus on Empathy)

Instructor Resource

READ the following:

You are in a long term care center due to a stroke. You have lost function and sensation of the right side of your body. You can communicate but your speech is slurred. The television is on a news channel. The nursing assistant knocks and enters the room. He says “Hi, my name is Greg.” He proceeds to uncover your arm and starts to exercise it. He continues to move your right extremities as he watches the news. He doesn’t say anything to you and rarely looks at you. He seems distracted and in a rush to complete the exercises.

REFLECT on the situation

How do you feel while Greg is exercising you?

Ignored, like an object or a task to complete, Greg does not care about you

What could Greg say to make the experience more enjoyable and more patient focused?

Focus on you rather than the television, could explain what he is doing, talk to you about how you are feeling

***Point out to students that it is more important to be patient focused than task focused*

SHARE your thoughts with a peer

Range of Motion Curriculum

21.	Wash hands and document procedure	
		Total

Range of Motion Check-Off

Practice Range of Motion on the model using the following steps:

Gather supplies needed (bath blanket)
Knock, enter room, and provide for privacy
Identify yourself with name and title (nurse aide, etc.)
Wash your hands with sanitizer or soap/water
Identify client by asking name and date of birth. Verify this information.
Explain the procedure to the client and ask if they have any pain or limitations.
Position client in supine or sitting position.
<p>Neck ROM</p> <ul style="list-style-type: none"> • Flexion: Bring chin to chest • Extension: Return head to upright position • Lateral flexion: Tilt head to each side • Rotation: Turn head in a circular movement
<p>Shoulder ROM</p> <ul style="list-style-type: none"> • Flexion: Raise arm forward to above head • Extension: Return arm to side • Abduction: Raise arm from side to above head with palm away from head • Adduction: Return arm to side <ul style="list-style-type: none"> ○ May go past side to center of body if able • External rotation: Move arm to 90° from body. With elbow flexed, move lower arm upward, lateral to head • Internal rotation: Return lower arm to a downward position • Circumduction: Move arm in full circle
<p>Elbow ROM</p> <ul style="list-style-type: none"> • Flexion: Bend elbow upwards bringing palm to shoulder • Extension: Straighten elbow thus lowering hand
<p>Forearm ROM</p> <ul style="list-style-type: none"> • Supination: Turn lower arm so palm is up • Pronation: Turn lower arm so palm is down
<p>Wrist ROM</p> <ul style="list-style-type: none"> • Flexion: Move palm downwards toward inner forearm • Extension: Return hand to flat • Radial deviation: Bend wrist toward thumb side • Ulnar deviation: Bend wrist laterally
<p>Fingers and Thumb ROM</p> <ul style="list-style-type: none"> • Flexion: Make a fist <ul style="list-style-type: none"> ○ For thumb, move across palm