

# Passive Ranging Upper and Lower Limbs

## What is Passive Ranging?

After being sick or injured and not being able to move around, your joints can become stiff and your muscles can tighten up causing pain and discomfort. Passive ranging means moving your joints with the help of external forces, like a person or even yourself.



## Benefits of Passive Ranging

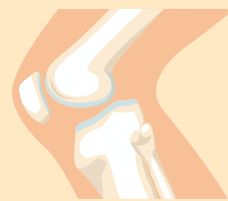
By engaging in passive ranging, you can:



Stimulate Senses



Reduce Pain &  
Discomfort



Keep Joint and Muscles  
Healthy and Flexible

## Upper Limb Exercises

### Shoulder Flexion

Support on the wrist and elbow, move the arm upwards/downwards.



### Shoulder abduction

Support on the wrist and elbow, move the arm outwards/inwards.



### Elbow flexion

Support on the wrist and elbow, move the forearm upwards/downwards with the palm facing up.



### **Forearm pronosupination**

Support on the wrist and elbow, move the hand so that the palm faces up and down.



### **Wrist flexion**

Support at the wrist and palm, move the palm upwards/downwards.



### **Finger flexion**

Support on the wrist fingers, move the fingers and thumb to close into fist and open up.



## Lower Limb Exercises

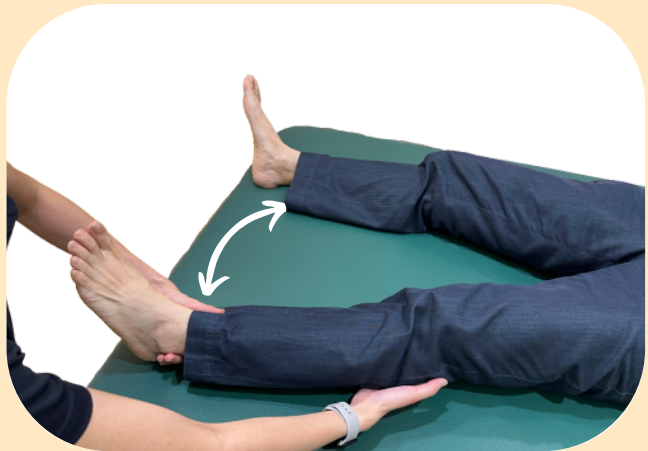
### Hip and knee flexion and extension

Support at the heel and knee, bend and straighten the hips and knees.



### Hip abduction

Support at the ankle and knee, keep the hips and knees straighten, open up/close the hips sideways.



### Ankle dorsiflexion and plantarflexion

Support at the shin and the heel with the foot on your forearm, tilt the foot to move the ankle up/down.



## Important Things to Remember



Support joints and move slowly



Keep your back straight at all times. Use legs to move in the direction of movement.



Tell the patient your intentions before moving them. Encourage them to move along with you.



Count the repetitions for the patient to hear. You can also get patient to count along.



Force if joints are too stiff to move



Bending your back to reach or move.

Contributed by Occupational Therapy, Rehabilitation, Allied Health Services

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

Information shared is accurate as of December 2023 and subject to revision without prior notice.



Scan QR code to download e-brochure