

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.

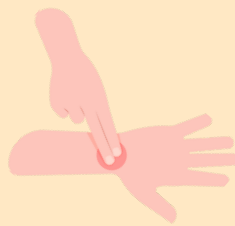


Benefits of Passive Ranging

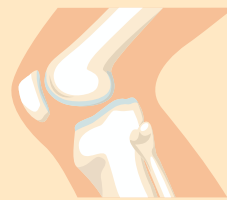
By engaging in passive ranging, you can:



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



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

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