

## Passive Range of Motion Exercises

- Before you begin, have your nurse help move lines or tubes that might be in the way.
- Slowly perform each exercise 10 times.
- Stop the exercise if you feel resistance.

### Upper Body Exercises

#### Finger Flexion/Extension

1



#### Elbow Flexion/Extension

2



### Shoulder Internal/External Rotation

3



### Shoulder Flexion/Extension

4



### Shoulder Adduction/Abduction

5



## Lower Body Exercises

### Ankle Plantar/Dorsiflexion

1



### Hip Flexion/Extension

2



### Hip Adduction/Abduction

3



## Hip Internal/External Rotation

4



## Knee Flexion/Extension

5



Range of Motion Exercises

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