

# Passive range of motion for a hemiplegic arm

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Weakness on one side of the body is common after a stroke. It is called hemiplegia. If a person has hemiplegia of the arm after stroke and cannot move their arm by themselves, it is important to provide gentle movement of the arm, called “passive range of motion”. It prevents stiffness, helps with blood flow and improves awareness of the arm.



You can cause pain and damage to muscles and joints if passive range of motion is NOT done correctly.

## Passive range of motion guidelines:

- Passive range of motion can be done in lying or sitting positions.
- Support the weight of the arm at all times.
- Support above and below the joint you are moving.
- Keep your movements slow and smooth.
- DO NOT force the movement if the muscle or joint is stiff – move only as much as the muscle or joint will allow.
- Passive range of motion should be pain-free. If the movement causes pain, STOP and let your therapist know.

**Do the exercises in this handout \_\_\_\_\_ times each day.**

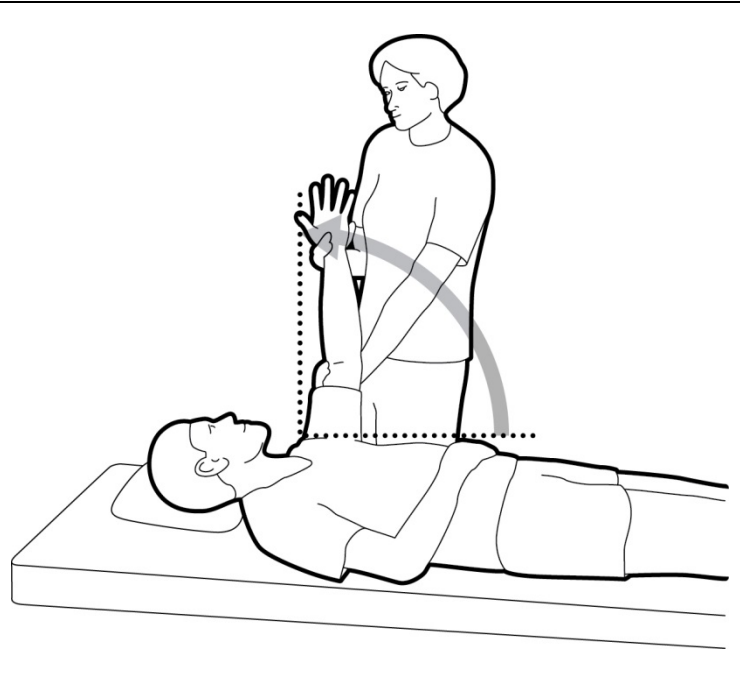
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## Shoulders

- Gently support the arm at the elbow and wrist/hand.
- Slowly lift the arm up to shoulder height ( $90^{\circ}$ ). Do not go above  $90^{\circ}$ .

Hold for \_\_\_\_ seconds.

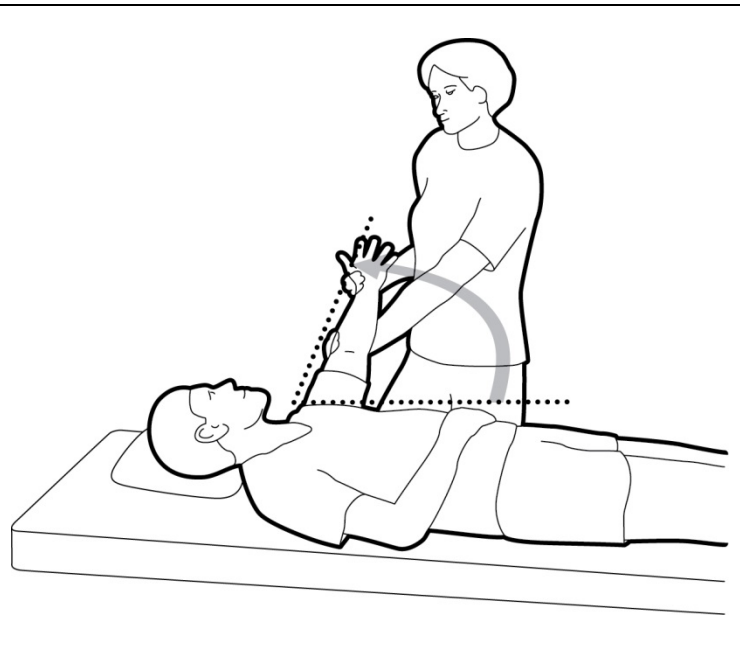
Repeat \_\_\_\_\_ times.



- Gently support the arm at the elbow and wrist/hand.
- Slowly move the arm slightly out to the side and up to shoulder height ( $90^{\circ}$ ). Do not go above  $90^{\circ}$ .

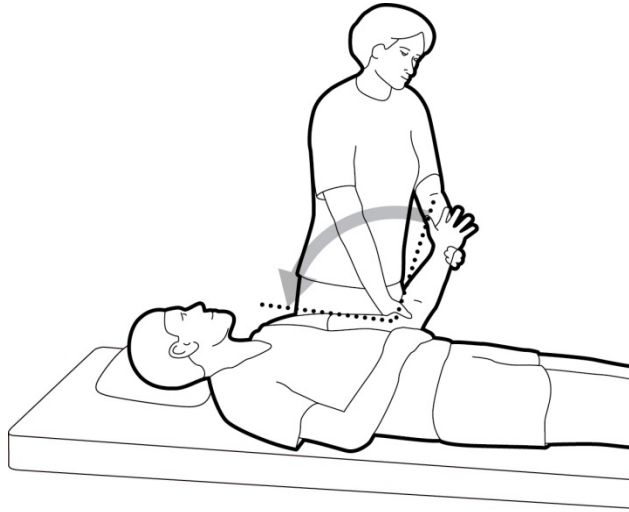
Hold for \_\_\_\_ seconds.

Repeat \_\_\_\_\_ times.



## Elbow

- Gently support the arm at the elbow and wrist/hand.
  - Bend elbow and hold for \_\_\_\_\_ seconds.
  - Straighten elbow and hold for \_\_\_\_\_ seconds.
- Repeat \_\_\_\_\_ times.

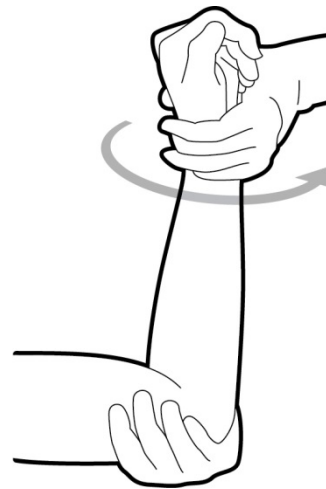


- Gently support the arm at the elbow and wrist/hand.
- Bend elbow slightly.



- Gently turn the forearm until the palm faces up.

Hold for \_\_\_\_\_ seconds.



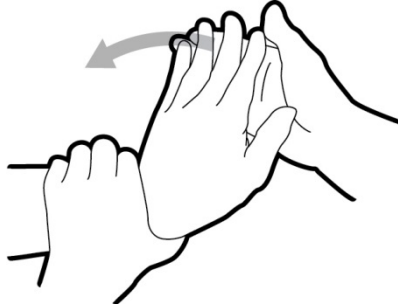
- Gently turn the forearm until the palm faces down.

Hold for \_\_\_\_\_ seconds.

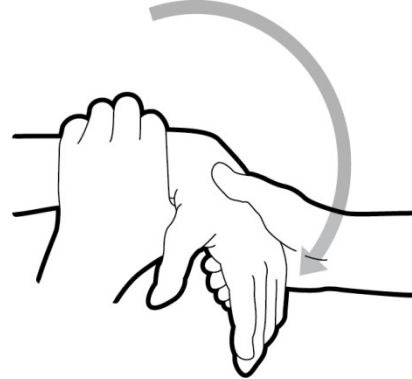
Repeat \_\_\_\_\_ times.

## Wrist

- Gently support the hand at the wrist and palm.



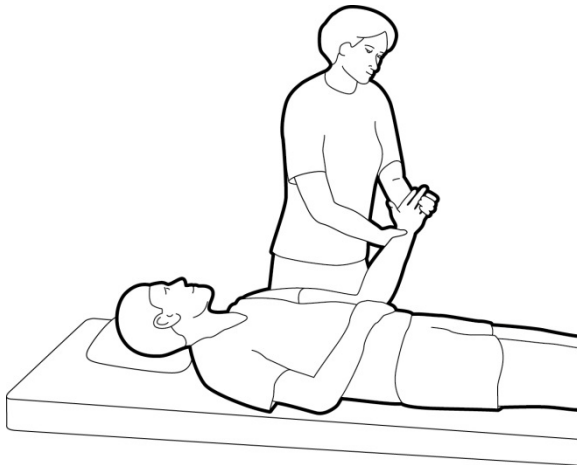
Bend wrist up.  
Hold for \_\_\_\_\_ seconds.



Turn wrist down.  
Hold for \_\_\_\_\_ seconds.  
Repeat \_\_\_\_\_ times.

## Fingers

- Gently support the hand at the wrist and palm.



Straighten fingers.  
Hold for \_\_\_\_\_ seconds.  
Repeat \_\_\_\_\_ times.