

Passive range of motion for a hemiplegic leg

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



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

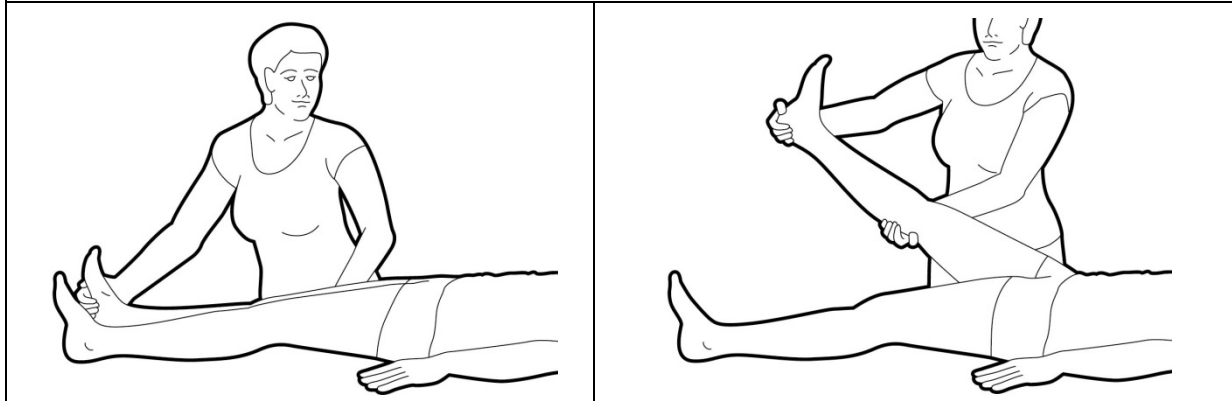
Passive range of motion guidelines:

- Passive range of motion should be done in lying position.
- Support the weight of the leg 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.

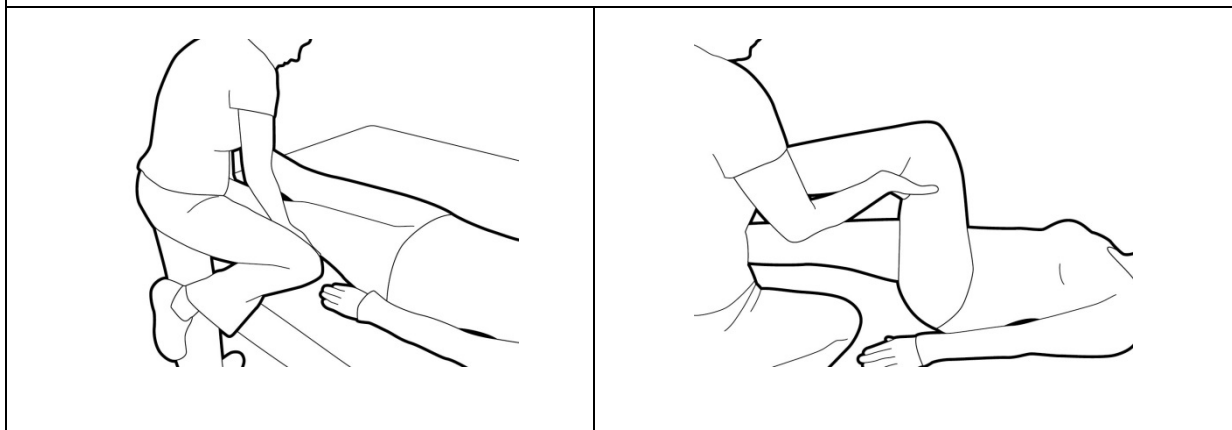
Straight leg raises

- Gently support the leg under the ankle and knee.
- Lift the leg _____ inches off the bed while keeping the knee straight.
- Hold for _____ seconds.
- Lower leg to the bed.
- Repeat _____ times.



Bending the hip up and down – hip flexion

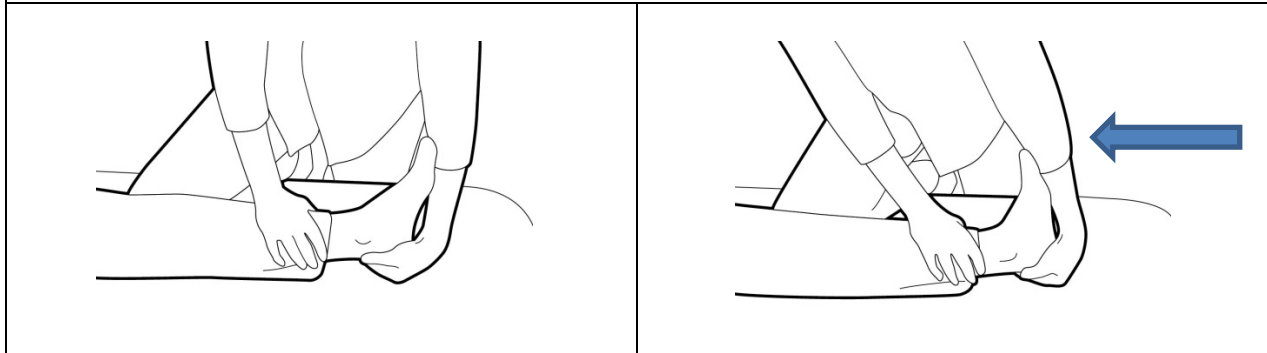
- Place one hand behind the knee.
- Place other hand under the heel of the foot.
- Bend the hip and knee towards the chest.
- Hold for _____ seconds.
- Slowly lower the leg into a straightened position.
- Repeat _____ times.



**Remember do not let leg fall to the side
– keep movement in a straight line.**

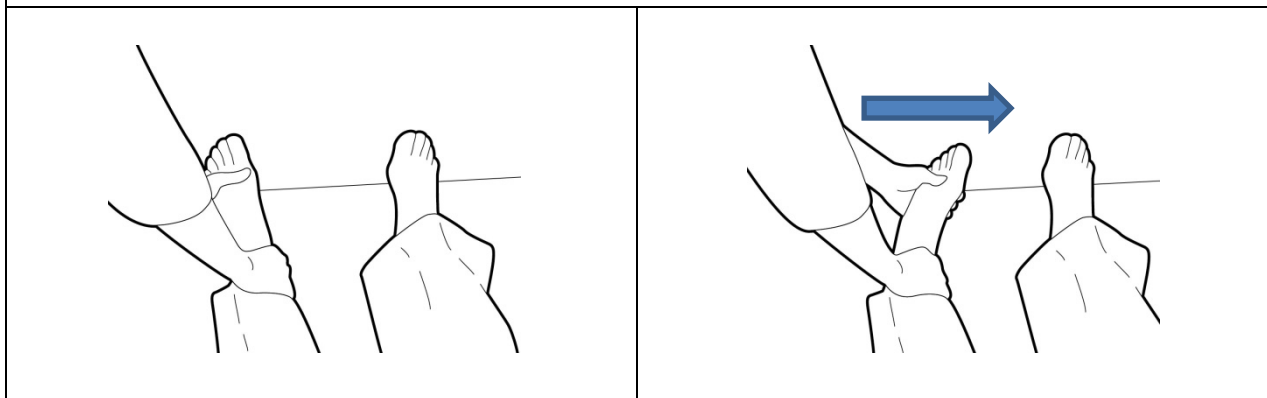
Bending the foot up – ankle dorsiflexion

- Place your hand under the heel of the foot so you can cup the heel.
- Let the foot rest on your forearm.
- Hold the leg just below the knee to keep the leg from moving.
- Apply pressure with your arm against the foot to bend the foot at the ankle.
- Hold for _____ seconds.
- Relax foot.
- Repeat _____ times.



Turning the foot in – ankle inversion

- Place your hand around the top of the foot near the toes.
- Support the leg with your other hand holding above the ankle to prevent the leg from rolling.
- Apply gentle pressure to turn the foot inward.
- Hold for _____ seconds.
- Straighten foot.
- Repeat _____ times.



Turning the foot out – ankle eversion

- Place your hand around the top of the foot, near the toes.
- Support the leg with your other hand holding above the ankle to prevent the leg from rolling.
- Apply gentle pressure to turn the foot outward.
- Hold for _____ seconds.
- Straighten foot.
- Repeat _____ times.

