UNIT 21:1 PERFORMING RANGE-OF-MOTION (ROM) EXERCISES

ASSIGNMENT SHEET

Grade _____ Name _____

INTRODUCTION: Range-of-motion (ROM) exercises help keep muscles and joints functioning. This assignment will help you review the information on ROMs.

INSTRUCTIONS: Read the information on Performing Range-of-Motion (ROM) Exercises. In the space provided, print the word(s) that best completes the statement or answers the question.

PART A:

1. Why are range-of-motion (ROM) exercises done?

2. Who performs ROM exercises?

3. Identify six (6) problems caused by lack of movement and inactivity.

4. Briefly describe each of the following types of range of motion exercises, and state who does each type:
   a. active:
   b. passive:
   c. resistive:
5. In some states or health care facilities, only _____ or _____ may perform range-of-motion exercises to the _____ and _____. Some exercises may be restricted or limited after _____ or _____ replacement surgery.
6. Where should support be provided when ROMs are being performed?

7. How many times should each movement be performed?

8. What should you do if a patient complains of pain during ROMs?

9. Identify two (2) ways to provide privacy for the patient while providing ROMs.

PART B: In the space provided, place the letter from Column B that best describes the motion in Column A. Letters may be used once, more than once, or not at all.

Column A	Column B
____ 1. Bending a body part	A. Abduction
____ 2. Turning a body part downward	B. Adduction
____ 3. Moving toward thumb side of hand	C. Circumduction
____ 4. Turning a body part outward	D. Dorsiflexion
____ 5. Moving a part toward the midline	E. Eversion
____ 6. Swinging the arm in a circle	F. Extension
____ 7. Excessive straightening of a body part	G. Flexion
____ 8. Moving the lower arm away from upper arm	H. Hyperextension
____ 9. Moving toward little finger side of hand	I. Inversion
____ 10. Turning palm up	J. Plantar flexion
____ 11. Turning a body part inward	K. Pronation
____ 12. Straightening the foot away from the knee	L. Radial deviation
____ 13. Moving the arm out to the side	M. Rotation
____ 14. Turning the head from side to side	N. Supination
____ 15. Moving a part away from the midline	O. Ulnar deviation
____ 16. Bending the fingers to make a fist	
____ 17. Straightening a body part	
____ 18. Bending top of hand back toward the forearm	
____ 19. Bending the foot toward the knee	
____ 20. Turning the foot inward	

UNIT 21:2 AMBULATING PATIENTS WHO USE TRANSFER (GAIT) BELTS, CRUTCHES, CANES, OR WALKERS

ASSIGNMENT SHEET

Grade _____ Name _____

INTRODUCTION: This assignment sheet will help you review the main facts on ambulation aids.

INSTRUCTIONS: Review the information about Ambulating Patients Who Use Transfer (Gait) Belts, Crutches, Canes, or Walkers. In the space provided, print the word(s) that best completes the statement or answers the question.

1. When a patient is being fitted for crutches, the following measurement points should be noted:

   Height of heels on shoes:_____

   Position crutches:_____ inches to the side and front of the patient's foot.

   Distance between axilla and axillary bar: _____

   Degree angle for elbows: _____

2. If a patient can bear weight on both legs, the _____ gait is usually taught first. When the patient has mastered this gait, the _____ gait is taught next. After the patient gains strength in the arms and shoulders, faster gaits such as the _____ or_____ are taught last.

3. If a patient can bear weight on only one leg, the first crutch gait taught is the _____. When the patient gains strength in the arms and shoulders, faster gaits such as the _____ or _____ are taught.

4. Why is it important to avoid pressure on the axillary area when fitting a patient for crutches?

5. Canes should generally be used on the _____ side.

6. The cane handle should be level with _____. The elbow should be flexed at a/an _____ degree angle while using the cane.

7. Handles on a walker should be level with the _____. The elbows should be flexed at a/an _____ degree angle.

8. Why are the legs of the walker fitted with rubber tips?

9. Why is it important to caution a patient against sliding a walker?

10. What type of grasp should be used with a transfer belt? Why?