



## Range of Motion (ROM) Exercises

**Please note that you should consult your physician to see if these exercises are appropriate for you.**

<http://www.sci-info-pages.com/range.html>

**Spinal Cord Injury Information Pages: ROM Exercises**

<http://membrane.com/bpp/range.html>

**Brachial Plexus Palsy Foundation – ROM Exercises**

<http://calder.med.miami.edu/pointis/range.html>

**University of Miami: ROM Exercises**

<http://calder.med.miami.edu/pointis/lower.html>

**University of Miami: Lower Extremity ROM Exercises**

<http://calder.med.miami.edu/pointis/upper.html>

**University of Miami: Upper Extremity ROM Exercises**

<http://www.orthop.washington.edu/PatientCare/OurServices/Arthritis/Articles/ExerciseandArthritis.aspx>

**University of Washington – Orthopaedics and Sports Medicine: Exercise and Arthritis**

The site includes video demonstrations under the *Range-of-motion exercises* tab.

**The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.**