



# Range of Motion (ROM) Exercises

Range of Motion, also called ROM, is the range through which a joint can be moved. If you are paralyzed, you may need a therapist or caregiver to assist you in ROM exercise.

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

**ALSTreatment.com: Range of Motion Exercises**

<https://alstreatment.com/range-of-motion-exercises/>

**ALS Worldwide: Range of Motion Exercises**

[http://alsworldwide.org/assets/misc/RANGE\\_OF\\_MOTION\\_EXERCISES\\_WITH\\_PHOTOS\\_copy.pdf](http://alsworldwide.org/assets/misc/RANGE_OF_MOTION_EXERCISES_WITH_PHOTOS_copy.pdf)

**Brachial Plexus Palsy Foundation: ROM Exercises**

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

**Flint Rehab: Passive Range of Motion Exercise for Quadriplegics**

<https://www.flintrehab.com/passive-range-of-motion-exercises-for-quadriplegics/>

**Hamilton Health Sciences: Range of Motion—A Guide for You After Your Spinal Cord Injury.** 2011 patient education booklet

<https://www.hamiltonhealthsciences.ca/wp-content/uploads/2019/08/SCI-IntroGuide.pdf>

**Hamilton Health Sciences: Passive Range of Motion for a Hemiplegic Arm**

<https://www.hamiltonhealthsciences.ca/wp-content/uploads/2019/08/StrokePassiveRangeMotionHemiplegicArm-trh.pdf>

**Hesperian's Disabled Village Children book: Range of Motion Exercises**

[https://en.hesperian.org/hhg/Disabled\\_Village\\_Children:Range-of-Motion\\_\(Rom\)\\_Exercises](https://en.hesperian.org/hhg/Disabled_Village_Children:Range-of-Motion_(Rom)_Exercises)

## **LiveStrong: Range of Motion Exercises**

**Please see the sections for people with quadriplegia, cerebral palsy and stroke survivors**

<http://www.livestrong.com/range-of-motion-exercises/>

<http://www.livestrong.com/article/430415-range-of-motion-exercises-for-a-quadruplegic/>

<http://www.livestrong.com/article/340107-exercises-for-stroke-patients-for-range-of-motion/>

<http://www.livestrong.com/article/302658-range-of-motion-exercises-after-a-stroke/>

<http://www.livestrong.com/article/313033-range-of-motion-exercises-for-cerebral-palsy/>

## **Shirley Ryan AbilityLab: Lower Body: ROM Exercises for the Lower Legs**

[https://www.sralab.org/sites/default/files/2017-](https://www.sralab.org/sites/default/files/2017-05/Lower%20Body_range%20of%20motion%20exercises%20for%20the%20legs.pdf)

[05/Lower%20Body\\_range%20of%20motion%20exercises%20for%20the%20legs.pdf](https://www.sralab.org/sites/default/files/2017-05/Lower%20Body_range%20of%20motion%20exercises%20for%20the%20legs.pdf)

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

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

## **Stroke-Rehab: Passive Range of Motion**

<https://www.stroke-rehab.com/passive-range-of-motion.html>

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This publication is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$10,000,000 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.