



# 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.**

## **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-quadruplegics/>

## **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)

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

[https://www.sralab.org/sites/default/files/2017-05/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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