Home Exercise Program:  
Passive Range of Motion

General Instruction:

For all patients:

1. Move only to the point of resistance. Do not force movement.

2. Support joints to prevent excessive motion. Move in a straight line from starting position to ending position.

3. Move slowly, avoiding rapid or abrupt motions.

For patients with increased tone or spasticity:

1. Avoid putting pressure on the ball of the foot or palm of the hand. Pressure on these areas will produce abnormal, reflexive movement.

2. Move slowly and consistently. Do not start and stop mid-range. If the muscle seems especially tight, slowly pull against it. Gentle continuous stretching on a muscle will relax it.

3. If the initial movement sets off clonus (a rapid movement at the joint, such as a “toe tapping” movement of the ankle), or if the movement is difficult to initiate, slightly bend the next joint. For example, to help relax the ankle muscle, bend the knee; to relax the wrist, bend the elbow.
Lower Extremity and Trunk: Stretching

**Hip Flexors**
- Self-Stretch – (Prone Laying)
- Complex for ____ minutes

Have a family member or your aide help you bring your leg off the side of your bed. Allow your leg to relax and stretch the front of your hip with your leg off the side of the bed for 5 minutes. Slowly bring the leg back up onto the bed so both legs are supported on the bed. Be careful while you are lying at the edge of your bed, so you do not lose your balance or slide off the side of the bed.
**Hip Extensors**

Self-Stretch – grasp the back of your thigh with both of your hands. It may be helpful to clasp your hands together. Gently pull your knee toward your chest and hold for a count of 10 seconds. Return to the starting position and repeat 10 times.

With Family/Aide – place one hand under the patient’s knee and the other hand under the patient’s heel. Bend the knee and hip and move it toward the patient’s head bring the patient’s knee to his/her chest and hold for a count of 10 seconds. Return to the starting position and repeat 10 times.

**Hip Rotators**

External Rotation - Self Stretch – Grasp behind your hip and gently pull your knee to your chest so your hip is bent to 90 degrees (see Hip Extensor stretch above). Reach forward and place one hand under your knee and your other hand under your heel. Hold your knee in place and gently pull your ankle/foot toward you. Hold for 20-30 seconds and repeat 3-5 times.
With Family/Aide – Place one hand under the patient’s knee and the other hand under the patient’s heel. Lift the patient’s leg so the hip and knee are both bent to 90 degrees. Hold the knee in place and gently push the patient’s foot away from you. Hold for 20-30 seconds and repeat 3-5 times.

**Internal Rotation**

Self-Stretch – Grasp behind your hip and gently pull your knee to your chest so your hip is bent to 90 degrees (see Hip Extensor stretch above). Reach forward and place one hand under your knee and your other hand under your heel. Hold your knee in place and gently pull your ankle/foot toward you. Because of the positioning, it may be necessary for you to provide the force at your shin. Hold for 20-30 seconds and repeat 3-5 times.

With Family/Aide – Place one hand under the patient’s knee and the other hand under the patient’s heel. Lift the patient’s leg so the hip and knee are both bent to 90°. Hold the knee in place and gently pull the patient’s foot toward you. Hold for 20-30 seconds and repeat 3-5 times.
**Hip Abduction**  
(Hip Adductor Stretch)

With Family/Aide – Place one hand under the patient’s knee and the other hand under the patient’s heel. Hold the leg straight and lift it about 2 inches off the bed or mat. Slowly bring the leg out towards you, hold for 20-30 seconds, and bring the leg back to the starting position. Repeat 3-5 times.

Make sure that the knee is as straight as possible prior to the application of the stretch (see above).
**Hamstring**

Self Stretch – Using a stretching strap or long towel, wrap the middle of the strap around your foot or ankle. Slowly and gently lift your leg, making sure that your knee stays straight at you lift. Raise your leg as high as you can and hold for 20-30 seconds. Repeat 3-5 times.

With Family/Aide – (Straight Leg Raise) – support the patient’s leg with the knee straight – placing one hand under the patient’s knee and the other hand under the heel. Note – it is often easier to control the leg when you rest the heel over your shoulder and both hands are used to prevent the knee from bending. Slowly lift the leg as high as possible, bending at the patient’s hip. Hold for 20-30 seconds and repeat 3-5 times.
**Quadriiceps**

Self Stretch – Lie on your stomach and hold your ankle with your hand or with a stretching strap (see picture). Pull your heel toward your buttocks as far as possible by pulling with your hand or pulling on the stretching strap. Hold for 20-30 seconds and repeat 3-5 times.

With Family/Aide - Have the patient lie on his/her stomach and push the patient’s heel toward his or her buttocks. Hold for 20-30 seconds and repeat 3-5 times.
**Heel Cord Stretching**

Self Stretch – Lie on your back or sit in a chair with your knee straight. Wrap a belt or a stretching strap around the ball of your foot. Gently and steadily pull on the strap and bring your foot toward your knee. Make sure that your knee is straight and make sure you pull your foot straight back, do **not** allow the foot to turn in or out. Hold for 20-30 seconds and repeat 3-5 times.

With Family/Aide – Hold the heel of the patient’s foot with your hand and allow your forearm to rest against the bottom of the patient’s foot. Put pressure on the bottom of the patient’s foot by pushing with your forearm, thus moving the patient’s toes toward the leg. Simultaneously, pull gently on the heel of the patient’s foot to increase the stretch. Hold for 20-30 seconds and repeat 3-5 times. Make sure that you are pushing the foot straight back and **not** allowing the foot to turn in or out.
Lower Trunk Rotation

With Family/Aide: bend the patient’s knees up and hold the patient’s feet down on the bed or mat. Allow both knees to fall out to the side together, making sure that the opposite hip does not come completely off the mat. Hold for a count of 10, repeat 5 times on each side.