

Passive Range of Movement Exercises for the Leg and Foot

These exercises should be done slowly, moving the joint to point of tension NOT pain. The movements should be done smoothly. If the movement is sore then stop. If soreness lasts after these exercises or if you have any questions, contact your therapist: _____ at _____

Perform the exercises a minimum of 5 repetitions, once daily

To keep the range of movement that is present, do these movements slowly through a pain-free range. To increase the range of movement, move the limb to the end of the comfortable range and hold that position for 30 seconds to 1 minute, depending how stiff the joints and muscles feel.

In case of spasms (i.e. a sudden uncontrolled movement or tightening of muscles), relax for a minute and then slowly and gently try the movement again.

It is important that the person doing the passive movements is in a comfortable position with their back straight.

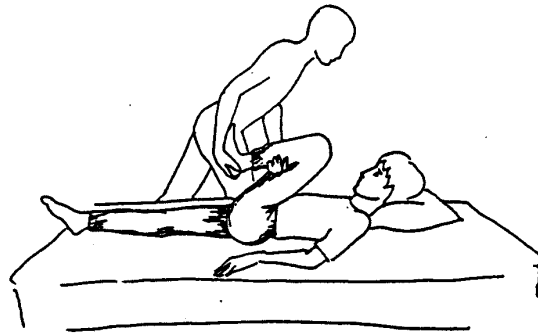
Do talk to the patient and tell them what you are doing

Do ask them if the movements are causing pain

Don't force the movement – always respect pain

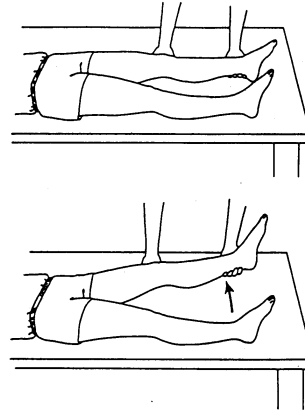
Hip Bending Movement:

1. Person lies on their back.
2. Helper places one hand lightly under the inside of the _____ knee and the other hand under the same heel.
3. Helper faces the person and bends the hip and knee up towards the person's chest.
4. Helper holds it there, and then slowly brings the leg down.
5. Repeat.



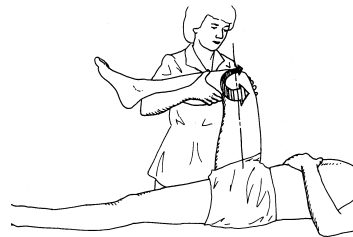
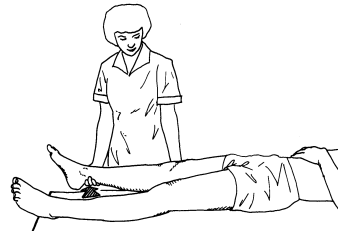
Leg Movement In and Out:

1. Helper places hands under inside of _____ knee and outside of same ankle.
2. Keeping the knee straight, slide the leg out to the side, no more than 45 degrees
3. Hold.
4. Repeat.



Hip Turning Movement:

1. Helper places hands just above and below _____ knee.
2. Helper rolls knee in and holds.
3. Helper rolls knee out and holds.
4. Repeat.



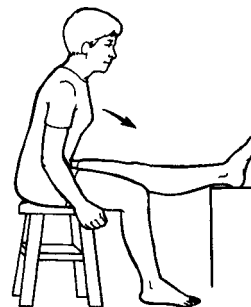
Hamstring Stretch:

1. Helper places hands above and below the _____ knee and raises the leg with the knee straight.
2. Rest the lower part of the person's leg on helper's forearm or shoulder. Repeat.



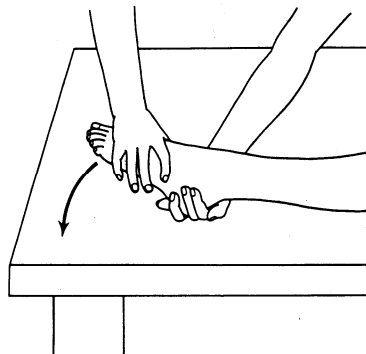
OR

3. In sitting, helper places the _____ leg on a footstool, and the other leg flat on the floor
4. Helper stands by for safety.
5. Person leans forwards from hips until a stretch is felt in the straight leg
6. Keep back and shoulders straight

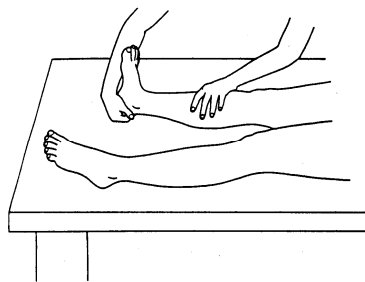


Bending Foot Down Movement:

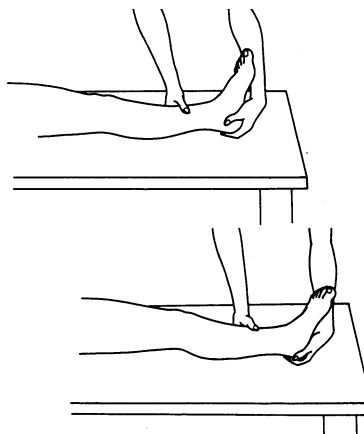
1. Helper holds under the _____ heel and on top of the foot above the toes.
2. Helper bends foot down.
3. Hold.
4. Repeat.

**Bending Foot Up Stretch:**

1. Helper places one hand below _____ knee, and places their other hand under the _____ heel as shown.
2. Keeping the knee straight, the helper moves the foot up.
3. Hold.
4. Repeat

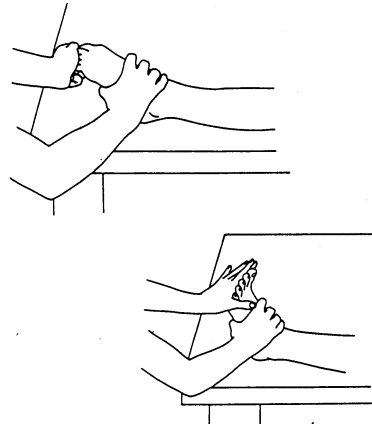
**Moving Foot In and Out:**

1. Helper stabilizes _____ lower leg above the ankle.
2. Helper's other hand holds the person's _____ foot and moves it in and out.
3. Hold at the end of each movement.
4. Repeat.



Toe Bending Movement:

1. Helper places hands on top of _____ foot and toes.
2. With other hand, helper holds the foot stable
3. Then bends toes down and holds.
4. Helper bends toes up and holds.
5. Repeat.



Diagrams from *Progressive Individualized Exercises*, Therapy Skill Builders 1989.

Therapeutic Exercise: Foundations and Techniques F A Davis Company 1988

Revised: November, 2007