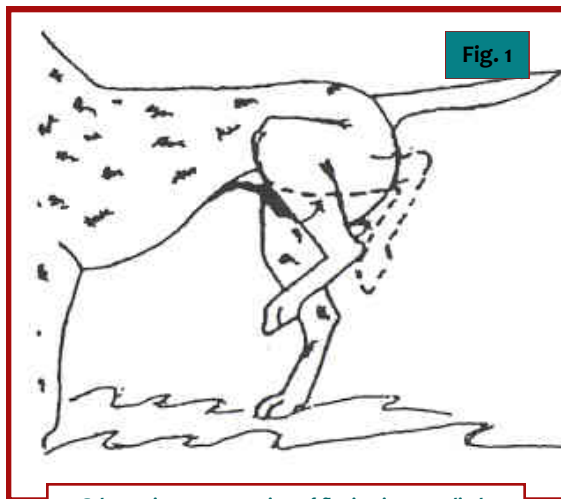


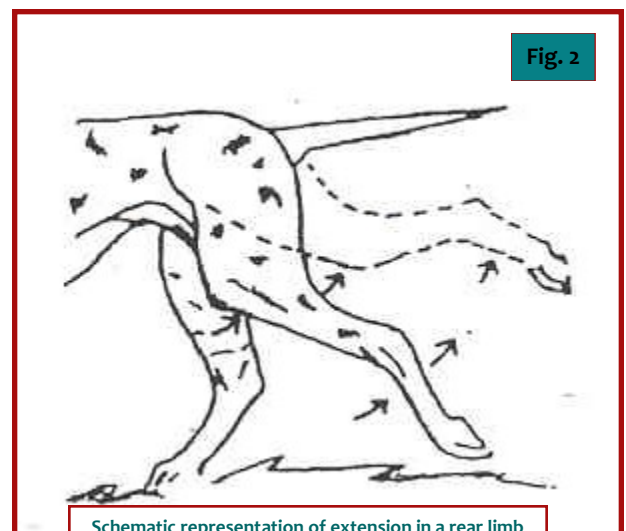
# Passive Range of Motion (PROM)

**Passive Range of Motion (PROM)** is used to help patients recover following joint surgery or fracture repair. The intent of these Physical Therapy (PT) exercises is to reestablish and/or maintain movement in the injured or operated leg. PROM is accomplished by flexing and extending - bending and straightening - the operated joint and/or region with slow, rhythmic movements. The flexing and extending movements should be repeated **20 to 30 times** in a row during each PT session. **Two to Three** PT sessions a day during the rehabilitation phase of recovery are typically indicated.

- PROM can be done with the patient standing or laying on their side with the operated leg up.
- During PROM, the operated joint should be flexed and extended to the point of resistance or patient discomfort, but not to the point of pain (vocalization). Pushing beyond this point is harmful to the patient, and the healing tissues, and is not advised.
- Pressure is then relaxed and the limb and joints are allowed to straighten.
- These flexing and extending movements are repeated 20-30 times in a row per PT session.
- It is not expected to achieve full flexion or extension until later in the recovery process.



Schematic representation of flexion in a rear limb



Schematic representation of extension in a rear limb

### PROM-Flexion

- Begin by putting pressure on the foot and pushing up.
- Pressure is continued and the knee or elbow is flexed (Fig.4) to the point of mild discomfort.
- Pressure is then relaxed and the limb and joints are allowed to straighten.
- Counter pressure on the thigh or shoulder (gently pushing down) is sometimes helpful.
- Full knee flexion is achieved when the ankle can nearly touch the buttock (as indicated in Fig. 3).



### PROM-Extension

- Holding the leg at the knee, gently stretch the leg backward (Fig. 5) to the point of mild discomfort. Holding the leg at the elbow, gently stretch the leg forward to the point of mild discomfort.
- Pressure is then relaxed and the limb and joints are allowed to straighten.
- Full knee extension is achieved when the ankle is nearly parallel to the spine.
- It is not expected to achieve full extension until later in the recovery process.



- **GOAL:** The intent of all these exercises is to mobilize the joint, maintain range of motion, and prevent adhesions of muscle during the healing process. This results in better patient comfort, faster patient recovery, less osteoarthritis development, and ultimately better long term patient outcome.