

PROCEDURE 30-1

Getting Ready

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7. Exercise the person's shoulder:

a. **Forward flexion and extension (shoulder).**

Support the person's arm by putting one hand under his elbow and the other under his wrist. Keeping the person's arm straight with the palm facing down, lift the arm up so that it is alongside his ear and then return it to its original position.

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b. **Abduction and adduction (shoulder).** Support the person's arm by putting one hand under his elbow and the other under his wrist. Keeping the person's arm straight with the palm facing up, move his arm away from the side of his body and then return it to its original position.
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c. **Horizontal abduction and adduction (shoulder).**

Support the person's arm by putting one hand under his elbow and the other under his wrist. Keeping the person's arm straight with the palm facing up, move his arm away from the side of his body. Gently bending the person's elbow, touch his hand to the opposite shoulder, then straighten the elbow and bring the arm back out to the side.

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d. **Rotation (shoulder).** Support the person's arm by putting one hand under his elbow and the other under his wrist. Move the person's arm away from the side of his body and bend his arm at the elbow. Gently move the person's forearm up so that it forms a right angle with the mattress and then back down. This movement is similar to the motion a police officer makes when he or she is signaling someone to stop.
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8. Exercise the person's elbow.

a. **Flexion and extension (elbow).** Support the person's arm by putting one hand under his elbow and the other under his wrist. Starting with the person's arm straight and with the palm facing up, bend his elbow so that his hand moves toward his shoulder. Then, straighten out the elbow, returning the person's hand to its original position.
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b. **Pronation and supination (elbow).** Support the person's arm by putting one hand under his elbow and the other under his wrist. Move the person's arm away from the side of his body and slightly bend his arm at the elbow. Gently move the person's forearm up so that it forms a right angle with the mattress. Gently turn the person's hand so that the palm is facing the end of the bed. Then turn the hand the other way so that the palm is facing the head of the bed.
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9. Exercise the person's wrist.
- a. **Flexion and extension (wrist).** Support the person's wrist with one hand. Use the other hand to gently bend the person's hand down and then back. ☐ ☐ _____
 - b. **Radial and ulnar flexion (wrist).** Support the person's wrist with one hand. Use the other hand to gently turn the person's hand toward his thumb. Then turn the hand the other way toward the little finger. ☐ ☐ _____
10. Exercise the person's fingers and thumb.
- a. **Flexion and extension (fingers and thumb).** Support the person's wrist with one hand. Using your other hand, flex the person's fingers to make a fist, tucking his thumb under the fingers. Then straighten each finger and the thumb one by one. ☐ ☐ _____
 - b. **Abduction and adduction (fingers and thumb).** With one hand, hold the person's thumb and index finger together. With the other hand, move the middle finger away from the index finger. Then move the middle finger back toward the index finger and hold the middle finger, index finger, and thumb together. Next, move the ring finger away from the other two fingers and thumb, then move it back toward the group. Do the same with the little finger. Finally, reverse the process. Hold the little finger and the ring finger together and move the middle finger away and back. Complete with the index finger and thumb. ☐ ☐ _____
 - c. **Flexion and extension (thumb).** Bend the person's thumb into his palm, then return it to its original position. ☐ ☐ _____
 - d. **Opposition.** Touch each fingertip to the thumb. ☐ ☐ _____
11. Exercise the person's hip and knee.
- a. **Forward flexion and extension (hip and knee).** Support the person's leg by putting one hand under his knee and the other under his ankle. Gently bend the person's knee, moving it toward his head. Then straighten the person's knee and gently lower the leg to the bed. ☐ ☐ _____
 - b. **Abduction and adduction (hip).** Support the person's leg by putting one hand under his knee and the other under his ankle. Keeping the person's leg straight, move his leg away from the side of his body and then return it to its original position. ☐ ☐ _____
 - c. **Rotation (hip).** Support the person's leg by putting one hand under his knee and the other under his ankle. Keeping the person's leg straight, gently turn the leg inward and then outward. ☐ ☐ _____

12. Exercise the person's ankle and foot.

a. **Dorsiflexion and plantar flexion (ankle and foot).** Support the person's ankle with one hand. Use the other hand to gently bend the person's foot up toward the head and then back.

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b. **Inversion and eversion (ankle and foot).** Support the person's ankle with one hand. Use the other hand to gently turn the inside of the foot inward and then outward.

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13. Exercise the person's toes.

a. **Flexion and extension (toes).** Put one hand under the person's foot. Put the other hand over the person's toes. Curl the toes downward and then straighten them.

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b. **Abduction and adduction (toes).** Spread each toe the same way you spread each finger in step 10b.

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14. Straighten the bed linens and make sure the person is comfortable and in good body alignment. Draw the top linens over the person and remove the bath blanket.

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15. If the side rails are in use, raise the side rail on the working side of the bed. Make sure that the bed is lowered to its lowest position and that the wheels are locked.

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Finishing Up

16. Complete the "Finishing Up" steps.

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