

Learner \_\_\_\_\_  
 Trainer \_\_\_\_\_  
 Date \_\_\_\_\_

## 1. Shoulder Flexion and Extension



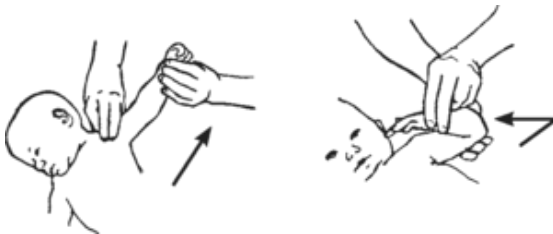
Hold at the wrist and stabilize the shoulder. While keeping the elbow straight, bring the arm forward and up over the head.

## 2. Shoulder Abduction



Hold at the wrist and stabilize the shoulder. While keeping the elbow straight, bring the arm out to the side and up over the head in an arc motion.

## 3. Elbow Flexion and Extension



Hold the upper arm and forearm. Bend the elbow so that the hand comes toward the shoulder, then straighten the arm all the way out.

## 4. Wrist Flexion and Extension



Hold below the wrist and at the hand. Gently bend wrist back and forward.

## 5. Finger flexion and Extension



Hold the fingers and gently straighten them and then curl into a fist.

If you have any questions, please contact "Peds OT" or "Peds PT" on Vocera

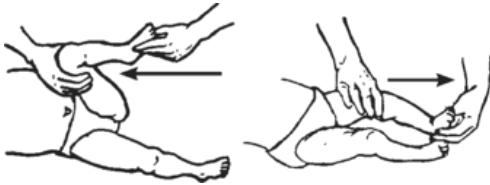
## INFANT PASSIVE RANGE OF MOTION- LOWER EXTREMITIES

Learner \_\_\_\_\_

Trainer \_\_\_\_\_

Date \_\_\_\_\_

### 1. Hip and Knee Flexion



Bend knee to chest. Straighten leg out. Stop at point of resistance.

### 2. Hip Abduction and Adduction



Support pelvis/ hip with one hand. Bring leg outward, ensuring knees and toes stay pointing to ceiling. Stop at point of resistance.

### 3. Hip Extension



Position infant in side-lying. Support Pelvis with one hand and place other hand on knee. Bring leg backwards to point of resistance.

### 4. Hip Internal/ External Rotation with Hip/Knee Flexed



With knee bent to 90 roll hip inward, then roll outward.

### 5. Ankle Dorsiflexion



With knee straight, pull heel down and push foot upward.

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