**Range of Motion**

**Range-of-motion (ROM) exercises help to keep joints mobile and flexible. When someone has arthritis, they often keep a joint in a bent position which minimizes the joint’s mobility and flexibility. When performed gently and slowly, ROM exercises can open up these joints, decreasing the pain and stiffness often associated with arthritis and other conditions.**

* Fascia is softened by ROM exercises
* Older adults will need longer warm up times with significant amounts of ROM exercises
* Use the full range of the joint
* Popping/cracking is ok, pain is NOT
* Many older adults have arthritis in their fingers and feet so specific ROM exercises are very beneficial for them in these areas
* Use props to make these exercises more exciting, like straps

***Head/Neck Movements***

*•* Lift your chin towards the ceiling, then slowly drop your chin to your chest.

• Release your chin toward your chest. Slowly roll your head toward one shoulder, then back to the center and then toward the other shoulder (like the pendulum of a clock).

• Drop your ears to your shoulder.

• Turn your head to the right and then the left. For more stretch, lower your chin at each side.

***Shoulder Movements***

• Draw your shoulders up to your ears and then relax.

• Circle your shoulders forward and backward.

• Reach both arms out to the side and upward.

• Place your fingers on your shoulders then bring your elbows together in front of you, then out like wings.

***Finger/Wrist Movements***

• Make a fist with your hands and then spread your fingers open wide (wrap your thumb outside your hand).

• Place your hands on lap then stretch up each finger. Wrap your hand around each thumb, rotate like joystick.

• Circle your wrists in both directions.

***Finger/Wrist Movements (continued)***

• Make Os with your fingers by opening your hands wide and then touching each finger and your thumb one at a time to form an O and then open wide.

• Open your hands wide on the tops of your thighs. Slide your thumb from one side of the thigh to the other, then keep your thumb to the inside of your thigh and slide each finger to your thumb one at a time.

***Feet/Ankle Movements***

• Write the alphabet with your toes.

• Circle your toes one direction and then the other.

• Lift your toes off the floor. Then, Lift your heels off the floor.

• Play the piano with your toes, Then Curl your toes under and then up

• Tap the toes and tap the heels

• Keep your big toe down, lift only your little toes. Then, Keep your little toes down, lift only your big toe.

***Waist/Hip Movements***

• Twist to your left and then to your right side.

• Walk your hips to the front of your chair and then to the back.

• Step one knee out to the side and then the other; bring both knees back to center.

• Draw one knee into your chest and create a circle with your knee, switch sides.

• Slide your right heel toward your left hip, switch sides.

Write-in other ROM exercises you would like to practice:

1.

2.

3.

4.

5.