Range of Motion (ROM) Exercises

Range of Motion, also called ROM, is the range through which a joint can be moved. If you are paralyzed, you may need a therapist or caregiver to assist you in ROM exercise.

Please note that you should consult your physician to see if these exercises are appropriate for you.

http://www.sci-info-pages.com/range.html
Spinal Cord Injury Information Pages: ROM Exercises

Apparelyzed: Thread on the topic of How Often Do You Do Range of Motion

http://membrane.com/bpp/range.html
Brachial Plexus Palsy Foundation: ROM Exercises

http://hamiltonhealthsciences.ca/documents/Patient%20Education/SCI-RangeofMotion.pdf

http://www.livestrong.com/range-of-motion-exercises/
http://www.livestrong.com/article/430415-range-of-motion-exercises-for-a-quadriplegic/
http://www.livestrong.com/article/340107-exercises-for-stroke-patients-for-range-of-motion/
LiveStrong: Range of Motion Exercises
Please see the sections for people with quadriplegia, cerebral palsy and stroke survivors

http://mda.org/publications/everyday-life-als/chapter-9/range-motion
Muscular Dystrophy Association: Range of Motion Exercises
For people with ALS

http://calder.med.miami.edu/pointis/range.html
University of Miami: ROM Exercises
The following books and videos are available for free loan from the PRC library. For more information, please visit the online catalog at: [http://www1.youseemore.com/ReevePRC/default.asp](http://www1.youseemore.com/ReevePRC/default.asp)

**Videos**

*The ROM Dance: A Range Of Motion Exercise and Relaxation Program. Madison, Wisc.: St. Mary’s Hospital Medical Center, 1993. VHS*

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