

SUBJECT: RESTORATIVE RANGE OF MOTION (ROM)	REFERENCE #8122
DEPARTMENT: REHABILITATION SERVICES	PAGE: 1
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APPROVED BY:	EFFECTIVE:
	REVISED:

**POLICY:**

The restorative Range of Motion (ROM) program is to provide the patient with the assistance required to maintain and improve joint mobility and promote a greater sense of well being, thus assisting in the prevention of contractures, pain and edema.

**OBJECTIVES:**

- To maintain and improve ROM to an extremity that has decreased ability and movement
- To prevent a decrease in patient mobility due to loss of ROM
- To increase joint flexibility, thus leading to greater ease of ADLs and transfers

**PROGRAM STRUCTURE:**

- Restorative program will be conducted daily at a frequency determined by the Physical Therapist.
- A physician's order is not required for initial assessment of the Rehabilitation Nurse Assistant (RNA) program, but is required for establishing treatment.
- Restorative ROM will be conducted on appropriate extremities as directed by the physician's order.
- The program will be conducted by an RNA on a one-to-one basis with the patient.
- Treatment time should not conflict with the administration of medications, medical treatment or dressing changes.
- ROM exercises are performed in the privacy of the patient's room, preferably with the patient supine in bed to allow for ideal quality of treatment.
- The Physical Therapist or Physical Therapist Assistant will review the program with the RNA at least every other month and advise on technique and documentation.