

LAB PROCEDURE PASSIVE ROM

PERFORMANCE CHECKLIST

STUDENT NAME _____

TOTAL POINTS POSSIBLE 100

DATE _____

POINTS EARNED _____

PERFORMANCE POINTS		PTS POSS	PT EARNED	REMARKS
1	Assemble equipment & supplies	3		
2	Wash hands	4		
3	Identifies patient and explains procedure	3		
4	Provides for privacy (verbalizes)	4		
5	Locks bed, elevates bed, & lowers siderail	3		
6	Positions patient in supine	3		
7	Drapes patient with bath blanket	4		
8	Proceed as follows with 5 times each area	10		
a.	proceeds in organized manner	1		
b.	provides support for body parts	1		
c.	uses correct body mechanics	1		
d.	stops exercise if patient c/o pain/discomfort	1		
9	Exercises neck:			
a.	supports head properly	1		
b.	rotates by turning head side to side	1		
c.	flexes by moving head toward chest	1		
d.	hyperextend by tilting head backward	1		
e.	flexes laterally by moving head toward shoulders	1		
10	Exercises nearest shoulder:			
a.	supports arm properly	1		
b.	abducts by bringing arm straight out	1		
c.	adducts by moving arm in to side	1		
d.	flexes-raises arm in front of body above head	1		
e.	extends-brings arm to side from above head	1		
11	Exercises nearest elbow:			
a.	supports arm properly	1		
b.	flexes by bending forearm to shoulder	1		
c.	extends by straightening arm	1		
d.	pronates-turns forearm & palm of hand down	1		
12	Exercises nearest wrist:			
a.	supports wrist properly	1		
b.	flexes by bending hand down toward forearm	1		
c.	extends by straightening hand	1		
d.	hyperextend by bending top of hand back	1		
e.	deviates ulnarly-moves hand to little finger side	1		
f.	deviates radially-moves hand to thumb side	1		
13	Exercises nearest fingers and thumb:			
a.	supports hand properly	1		
b.	flexes by bending fingers in toward palm	1		
c.	extends by straightening fingers	1		
d.	abducts by spreading apart	1		
e.	adducts by moving together	1		
f.	performs opposition-touches thumb to fingers	1		
14	Exercises nearest hip:			
a.	supports leg properly	1		
b.	abducts by moving leg out to side	1		
c.	adducts by moving leg in toward body	1		

d.	flexes-bend knee, move thigh toward abdomen	1		
e.	extends-straighten knee/leg away from abdomen	1		
f.	rotates medially-bend knee & turn leg out	1		
15	Exercises nearest knee:			
a.	supports leg properly	1		
b.	flexes-bend lower leg back toward thigh	1		
c.	extends by straightening leg	1		
16	Exercises nearest ankle:			
a.	supports foot properly	1		
b.	dorsiflex by moving foot up toward knee	1		
c.	plantar flex-moves foot down away from knee	1		
d.	inverted by turning inward	1		
e.	everts by turning outward	1		
17	Exercises nearest toes:			
a.	supports leg & foot on bed	1		
b.	abducts by separating	1		
c.	adducts by moving together	1		
d.	flexes by bending down to bottom of foot	1		
e.	extends by straightening	1		
18	Raises siderail	3		
19	Washes hands	4		
20	Documents appropriate information on chart	10		
	TOTAL	100		

INSTRUCTOR _____