



Joint range of motion exercise for lower limb

關節運動 - 下肢運動(英文)

Patients with stroke, traumatic brain injury, spinal cord injury, weak limbs, and long-term bed-ridden; work on range of motion exercise of your joints 2-3 times a day to preserve joint and muscular range of motion, and decrease of spasticity.

hip exercise

- (1) hip flexion with knee flexion in supine position; hip extension in side-lying position
- (2) hip abduction and adduction
- (3) hip external rotation and internal rotation
- (4) stretch exercise: stretch hamstring muscles especially for the spinal cord injury patient

knee exercise

knee flexion and extension with the hip exercise.

ankle exercise

- (1) ankle dorsiflexion and plantar flexion
- (2) ankle inversion and eversion