

Range of Motion Exercises

Skill	Cl. Preceptor		Comments
	Score	Initial	
UPPER EXTREMITY			
<i>Shoulder: All ROMs</i>			
PROM			
AROM			
AAROM			
Joint mobilization			
<i>Elbow: Flex/Ext/Pron/Sup</i>			
PROM			
AROM			
AAROM			
<i>Wrist: Flex/Ext/Pron/Sup</i>			
PROM			
AROM			
AAROM			
Joint mobilization			
<i>Fingers: Flex/Ext/Abd/Add/Grip</i>			
PROM			
AROM			
AAROM			
Joint mobilization			
<i>Thumb: Flex/Ext/Abd/Add/Opp</i>			
PROM			
AROM			
AAROM			
Joint mobilization			
LOWER EXTREMITY			
<i>Hip: All ROMs</i>			
PROM			
AROM			
AAROM			
<i>Knee: Flex/Ext</i>			
PROM			
AROM			
AAROM			
Joint mobilization			
<i>Ankle: DF/PF/Inv/Ev</i>			
PROM			
AROM			
AAROM			
Joint mobilization			

Clinical Preceptor Signature: _____

Date: _____

2	Proficient	Performs skill correctly and demonstrates understanding of clinical significance
1	Competent	As expected, performs skill accurately
0	Deficient	Unable to perform skill correctly

Strengthening Exercises

Skill	Cl. Preceptor		Comments
	Score	Initial	
UPPER EXTREMITY			
<i>Shoulder: All ROMs</i>			
Manual resistance: Isometric			
Manual resistance: Isotonic (Cone)			
Manual resistance: Isotonic (Eccen)			
Mechanical Resistance: Isotonic			
<i>Elbow: Flex/Ext/Pron/Sup</i>			
Manual resistance: Isometric			
Manual resistance: Isotonic (Cone)			
Manual resistance: Isotonic (Eccen)			
Mechanical Resistance: Isotonic			
<i>Wrist: Flex/Ext/Pron/Sup</i>			
Manual resistance: Isometric			
Manual resistance: Isotonic (Cone)			
Manual resistance: Isotonic (Eccen)			
Mechanical Resistance: Isotonic			
<i>Fingers: Flex/Ext/Abd/Add/Grip</i>			
Manual resistance: Isometric			
Manual resistance: Isotonic (Cone)			
Manual resistance: Isotonic (Eccen)			
Mechanical Resistance: Isotonic			
<i>Thumb: Flex/Ext/Abd/Add/Opp</i>			
Manual resistance: Isometric			
Manual resistance: Isotonic (Cone)			
Manual resistance: Isotonic (Eccen)			
Mechanical Resistance: Isotonic			
LOWER EXTREMITY			
<i>Hip: All ROMs</i>			
Manual resistance: Isometric			
Manual resistance: Isotonic (Cone)			
Manual resistance: Isotonic (Eccen)			
Mechanical Resistance: Isotonic			
<i>Knee: Flex/Ext</i>			
Manual resistance: Isometric			
Manual resistance: Isotonic (Cone)			
Manual resistance: Isotonic (Eccen)			
Mechanical Resistance: Isotonic			
<i>Ankle/Foot/Toes: DF/PF/Inv/Ev</i>			
Manual resistance: Isometric			
Manual resistance: Isotonic (Cone)			
Manual resistance: Isotonic (Eccen)			
Mechanical Resistance: Isotonic			

Clinical Preceptor Signature: _____

2	Proficient	Performs skill correctly and demonstrates understanding of clinical significance
1	Competent	As expected; performs skill accurately
0	Deficient	Unable to perform skill correctly