Active Assisted Range of Motion of Lower Limb

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A. HIP JOINT
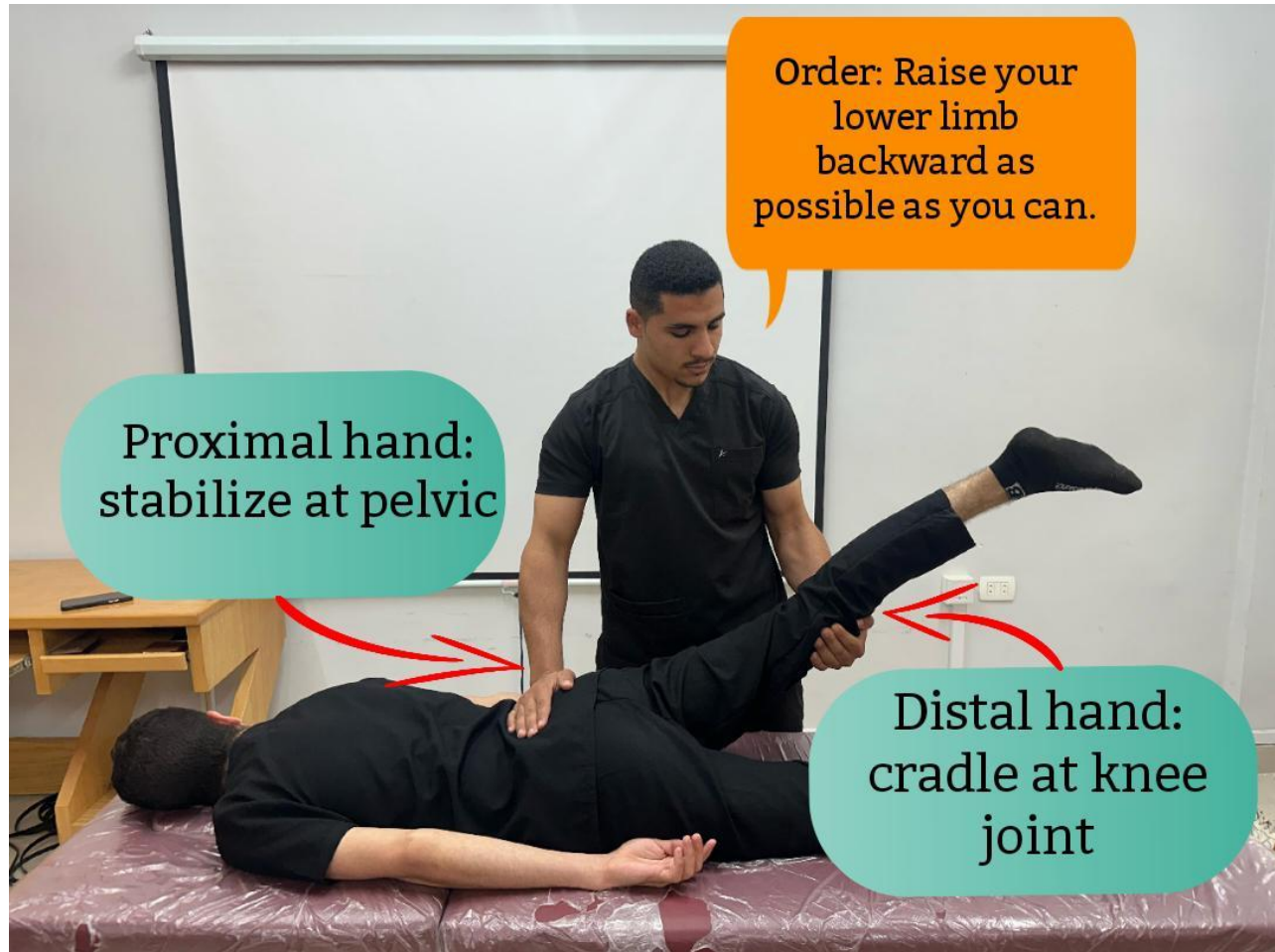
1. Hip flexion (against gravity)

➢ Patient position: supine lying
➢ Therapist position: standing beside affected limb

2. Hip Extension (against gravity)

➢ Patient position: prone

➢ Therapist position: standing beside affected limb

3. Hip abduction (against gravity)

➢ Patient position: side lying and lower most limb flexed for stability

➢ Therapist position: standing behind patient
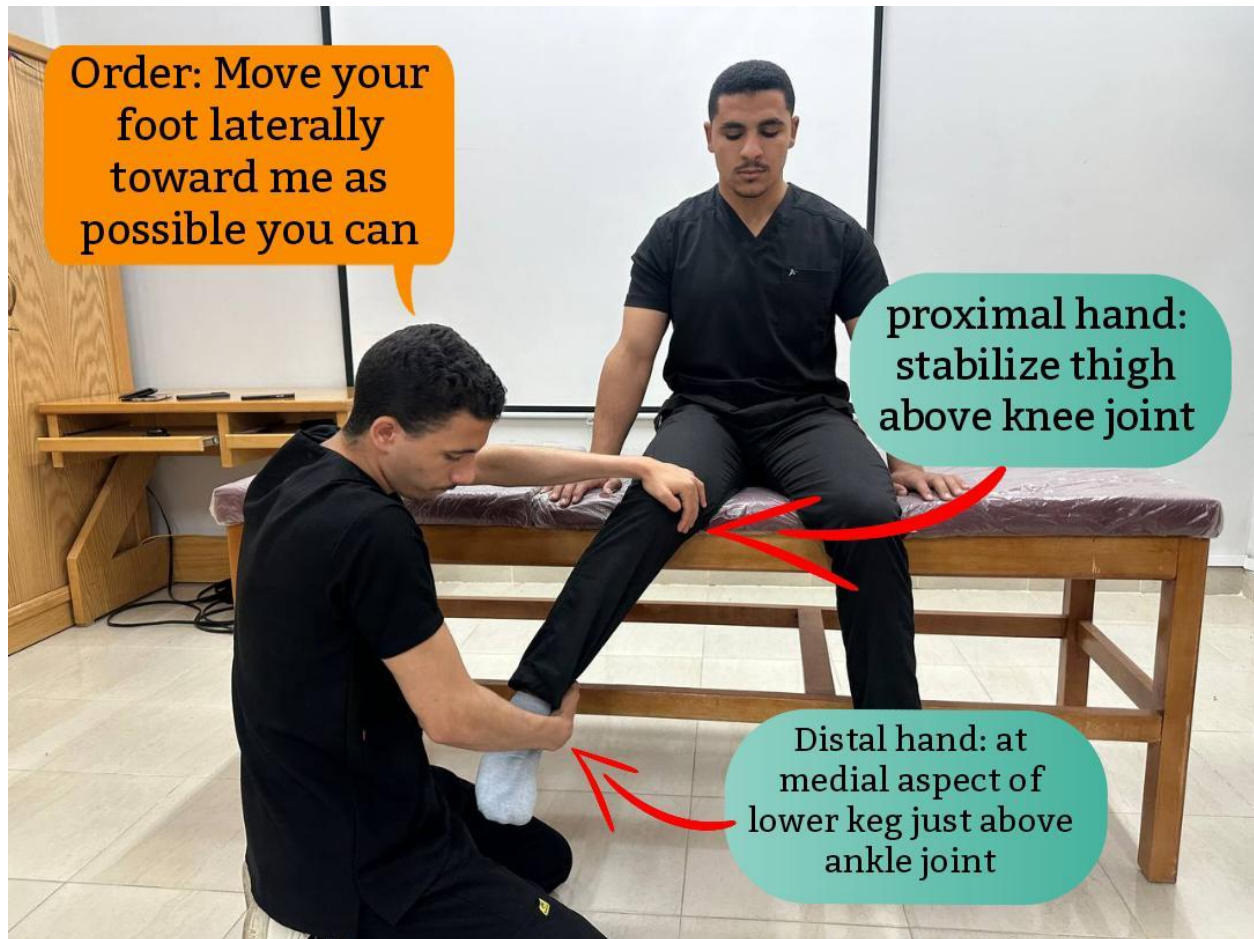
4. Hip adduction (Against gravity)

➢ Patient position: side-lying and unaffected limb upper most and abducted

➢ Therapist position: standing Behind patient

5. Hip internal rotation (against gravity)

➤ Patient position: sitting

➤ Therapist position: kneeling beside affected limb

6. Hip external rotation (against gravity)

➤ Patient position: sitting
➤ Therapist position: kneeling beside affected limb

B.KNEE JOINT

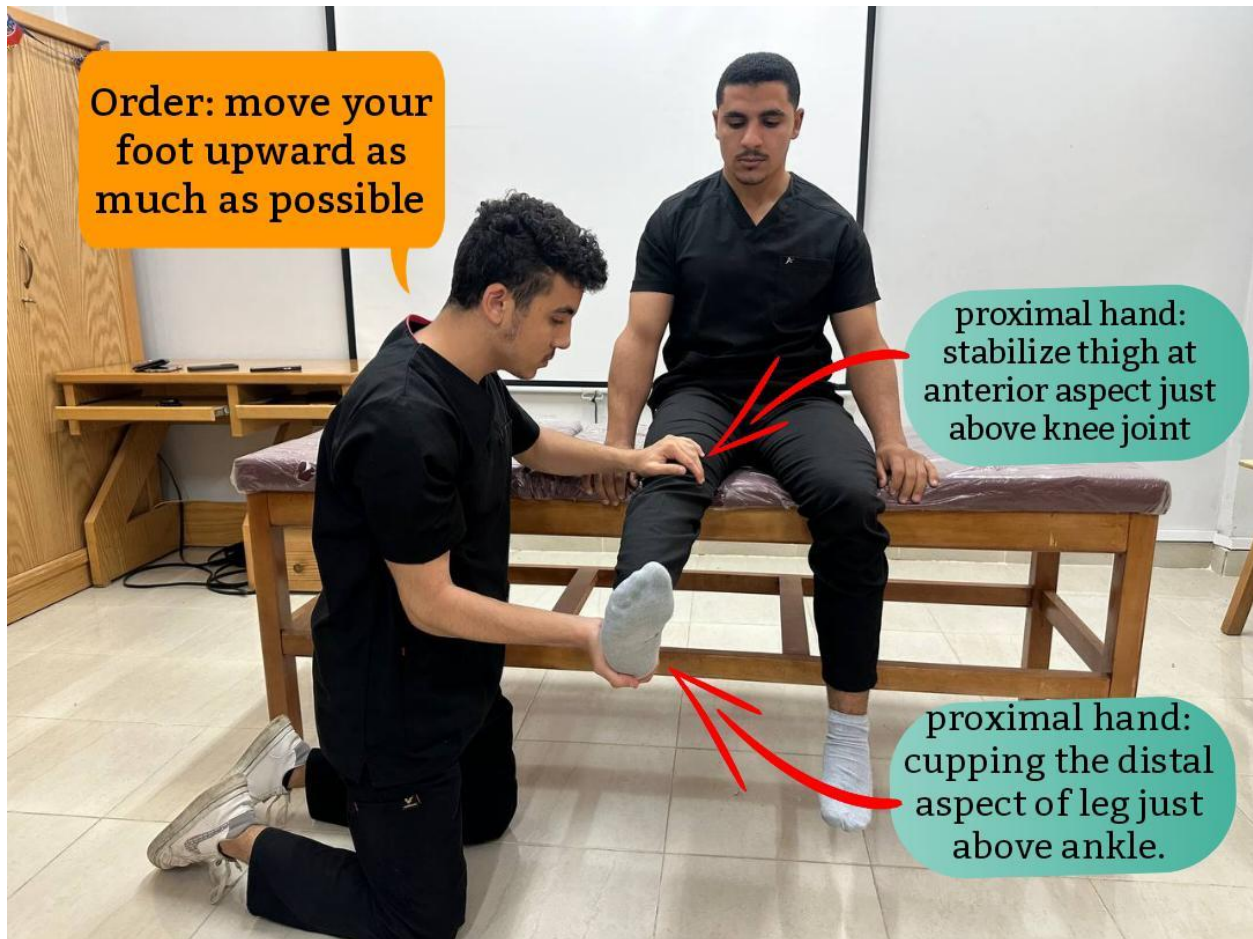## 1. Knee flexion (against gravity)

- ➤ Patient position: prone
- ➤ Therapist position: standing beside affected limb

2. Knee extension (against gravity)

➤ Patient position: sitting strating with knee flexed 90°
➤ Therapist position: kneeling at affected limb

C.ANKLE JOINT

1. **Ankle dorsiflexion (against gravity)**
   - ➢ Patient position : supine and the foot out of plinth
   - ➢ Therapist position: sitting front of or at side of affected limb

2. Ankle Planterflexion (against gravity)

➢ Patient position: prone and foot out of plinth

➢ Therapist position: sitting in front or at side of affected limb

D.SUBTALAR JOINT

1. **Subtalar Evertion (against gravity)**

   ➢ Patient position : sitting
   ➢ Therapist position: kneeling beside affected limb

Thanks for Dr. Nabil for all efforts with us and his wonderful explanation of the information and helping us to invest and apply it practically ♡