# **RANGE -OF-MOTION (ROM) DEFINATIONS**

**ABDUCTION**-MOVING A BOBY PART AWAY FROM THE MID – LINE OF THE BODY

**ADDUCTION-** MOVING A BODY PART TOWARD THE MID- LINE OF THE BODY

**FLEXION -**BENDING A BODY PART

**EXTENSION** – STRAIGHTENING OF A BODY PART

**HYPEREXTENSION** -EXCESSIVE STRAIGHTENING OF A BODY PART

**DORSIFLEXION** -BENDING THE TOES AND FOOT UP AT THE ANKLE

**PLANTER FLEXION** – BENDING THE FOOT DOWN AT THE ANKLE

**ROTATION** – TURNING THE JOINT

**INTERNAL ROTATION**– TURNING THE JOINT INWARD

**SUPINATION–** TURNING THE JOINT DOWNWARD

**PRONATION** – TIURNING THE JOINT UPWARD

[**Back Massage**](https://www.wikihow.com/Give-a-Back-Massage)

Set- Up for a Back Massage

1. **Tell the person you are about to begin.** Tell them to let you know if anything you are doing is painful or uncomfortable. Part of them being comfortable is having a feeling of trust in you. This is not the time to make jokes or suggestive comments. Periodically remind the person to take a slow, deep breath. It will help with relaxation.
2. **Pour massage oil in the palm of your hand.** Start with about one teaspoon, which is roughly the size of a quarter. Warm it by rubbing it between your hands before applying it to the person. **Spread the oil around.** The main technique for spreading the warmed oil across the person’s back is called effleurage, which means “light friction.”[[1]](https://www.wikihow.com/Give-a-Back-Massage#_note-1) Use gliding movements in long, even strokes.

Repeat this technique for 3-5 minutes while gradually increasing from light to medium pressure to warm up the back muscles.

1. **Use petrissage techniques.** Petrissage uses shorter, circular strokes with more pressure than effleurage. You can think of this as a kneading technique that uses rolling and pressing to enhance deeper circulation.
2. **Apply percussive strokes.** Percussive strokes (also known as tapotement) are collections of brief, repetitive contacts with parts of the hand.[[6]](https://www.wikihow.com/Give-a-Back-Massage#_note-6) You can use your cupped hands, your fingertips all gathered to an even point, or even the flat of your fingers on the knuckle side of your hands to make the contacts.[[7]](https://www.wikihow.com/Give-a-Back-Massage#_note-7) These movements have a stimulating, compressive effect on the tissue.

Spend 2-3 minutes applying the techniques across the person’s entire back.

1. **Use muscle-lifting techniques.** To perform this, close your fingers and hold out your thumb (in a “lobster claw” shape). Apply pressure in a twisting, lifting motion. Keep alternating hands in a “windshield wiper” movement.

Move up and down the back 2-3 times.

1. **Use a fanning technique.** Position yourself at the head of the table. Position your thumbs at the top of the back, just below the neck and on either side of the spine. Using a "fanning" motion with your thumbs extended, push gently down toward the lower back with your pressure angled at the person’s feet, not down towards the ground. Alternate your pressure on either thumb, moving from the top of the back all the way down to the person's hips.

Make sure you are massaging the muscles on either side of the spine, not directly on the spine itself. Massaging over the spine can be very uncomfortable and dangerous if you are not trained properly.

1. **Apply twists.** Come back around to the person's side. Reach around the far hip with one hand, while the other hand rests on the near hip. With a fluid motion, pull one hand towards you as the other one pushes away; in the middle, they should slide against each other, in opposite directions. Repeat this stroke up the back until you reach the shoulder area, then come back down. Repeat three times.