



ALS CLINIC

Considerations for Range of Motion and Stretching

You have been given a set of range of motion exercises designed to decrease muscle tightness and prevent loss of full range of motion. Range of Motion exercises are important to maintain your body's flexibility, allowing you to participate in daily tasks (such as getting dressed, showering, and moving around) without pain.

Please follow these guidelines when completing the stretches:

1. Move slowly when stretching. Hold each stretch for the recommended time while breathing deeply. Do each stretch 2-3 times.
2. Always be sure that you are well-supported while performing these stretches. If needed, sit on a stable chair or lie on a bed to prevent a loss of balance.
3. ***Do not force or push a stretch if you experience pain or discomfort.*** If a specific movement hurts, move the joint less or stop doing this stretch until you consult with your occupational therapist or physiotherapist.
4. You do not need to do all the stretches at once. If your muscles feel tired or sore after these stretches, spread them out through the day.
5. If it is becoming difficult to do your stretches, consult with your occupational therapist or physiotherapist. They can adjust your stretches as needed. If someone else (such as a family member or care partner) is assisting you with stretches, be sure you have agreed upon signals to tell them when to stop moving a joint – this is to prevent them from accidentally causing you pain.
6. ***If you ever feel that it is unsafe or harmful to complete these exercises, discontinue them immediately and do not restart this program until you have consulted with your occupational therapist or physiotherapist.***

This range of motion program is a list of general stretches provided by the occupational therapist at the ALS Clinic. If a physiotherapist creates an individualized program for you, those exercises take priority.
