

Passive Movements

Passive movement is a type of movement that is performed for the patient by another person or a special device. It is performed in a state of complete muscle relaxation without active cooperation. The method is used in the first days after more extensive operations, in patients with more severe conditions, when they are significantly weakened, and especially in patients with impaired consciousness.

Objectives

- prevent limitation of joint mobility;
- prevent contractures and spasticity;
- maintain muscle length and elasticity;
- have a stimulating effect on proprioceptors and nociceptors and thus enable the re-education of active movement;
- contribute to the stabilization of circulation and breathing.

Types of passive movement

According to the duration, we distinguish passive movement into

- permanent (under this term we include e. g. positioning and traction),
- intermittent,
- repetitive,
- postisometric relaxation (creating tension by active muscle contraction followed by stretching) is also included here.

Principles of performing passive movement

1. Principles of performing passive movement The grip is always soft but firm with the support of the segment being exercised. We do not hold the muscles and try to spare the joints as much as possible. We try to eliminate pathological deviations.
2. We fix thoroughly so that there are no movements outside the joint in which the movement takes place. Fixation is painless and does not take place over two joints.
3. The movement itself, including the return of the segment to its original position, is performed slowly with current traction into the distance, if possible. We do not make jerky movements.
4. We respect the threshold of pain and do not cross it.

Frequency of execution

Each type of movement in one direction is repeated at least $5-7 \times$ ^[1] if our goal is to maintain range of motion. If we need to loosen the movement in the joint, we usually do $10-15 \times$ ^[1]. The optimal interval for performing passive movements is $2-3 \times$ a day^[1].

References

Related articles

- Passive movement of the lower limbs

Literature

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Passive movements during rehabilitation



Machine for passive movements performance

