

# Master Passive Range of Motion for CNA Testing

Avoid the verbalization failures that cause 97.4% scoring students to fail. This checklist eliminates confusion about exact wording requirements and provider differences that determine test outcomes.

## Step 1: Initial Communication & Setup

- Greet resident by name and introduce yourself (Prometric requirement)VERBAL
- Explain procedure clearly: "I'm going to exercise your [body part] to help maintain flexibility"VERBAL
- Ensure privacy and position resident appropriately for joint access
- Position resident supine for leg exercises (lower extremity requirement)
- Ask resident to report any "discomfort" BEFORE beginning (NNAAP specific wording)VERBAL
- Verify you're working on the CORRECT side specified in instructions (Prometric auto-fail)CRITICAL

## Step 2: Shoulder PROM Execution

- Support elbow and wrist throughout all movements
- Flexion/Extension: Raise arm overhead smoothly, return to side (3 reps)
- Abduction/Adduction: Move arm out from body, return to midline (3 reps)
- Never force range beyond comfortable limits - watch for resistanceCRITICAL
- Monitor for shoulder impingement signs during overhead movements

## Step 3: Lower Extremity PROM Execution

- Support under knee and ankle during all movements
- Hip/Knee Flexion: Bend knee toward chest, straighten (3 reps)
- Hip Abduction/Adduction: Move leg out from body, return (3 reps)
- Ankle Dorsiflexion: Flex toes toward head (3 reps)
- Ankle Plantarflexion: Point toes away from head (3 reps)
- Keep movements within pain-free range - stop if resistance feltCRITICAL

## Step 4: During Movement Communication

- Announce each movement clearly: "Now I'm moving your arm up and down"VERBAL
- Repeat "discomfort" inquiry DURING exercises (NNAAP requirement)VERBAL
- Ask about pain "at least once during PROM" (Headmaster minimum)VERBAL
- Maintain periodic check-ins: "Please report any discomfort"VERBAL

- STOP IMMEDIATELY if resident reports pain or shows resistanceCRITICAL
- Count repetitions silently while maintaining natural conversation

### **Step 5: Safety & Support Techniques**

- Support limb both above and below the joint being exercisedCRITICAL
- Use hands to cradle and guide - never grip tightly
- Move joints through their natural range only - no forcingCRITICAL
- Complete exactly 3 repetitions of each movement (unless pain occurs)CRITICAL
- Move slowly and smoothly - avoid jerky or rapid movements
- Maintain professional demeanor and respectful communication

### **Step 6: Completion & Documentation**

- Return joint to comfortable, natural position
- Thank resident for cooperation during exercises
- Ensure resident is positioned comfortably and safely
- Place call light within reach and lower bed to safe positionCRITICAL
- Perform hand hygiene and document care providedCRITICAL

### **Step 7: Test Day Success Strategies**

- Verify joint selection and side requirements before beginning
- Practice your provider's exact verbalization phrases until automatic
- Use controlled breathing and establish eye contact with "resident"
- Focus on multitasking: physical movement + verbal communication
- Remember: evaluators expect nervousness - they want you to succeed