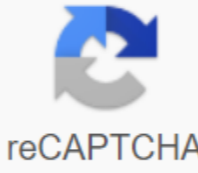


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RANGE OF MOTION (ROM) 1. The meaning of ROM (range of motion) is the maximum amount of movement that a joint can do on one of the three parts of the body, namely sagittal, transverse and frontal. Another understanding of THE RUM is the exercise of joint movement, which allows contractions and muscle movements in which the client moves each joint according to normal movement either actively or passively. Range of motion (ROM) exercises are performed to maintain or improve the perfection of the ability to move joints normally and completely increase muscle mass and muscle tone (Potter and Perry, 2005). The range of motion under normal circumstances can be performed by the connection in question (Sutatun, et al. 2008). Range of motion (ROM) exercises are a standard term for setting normal limits or restrictions on joint movement and as a basis for establishing anomalies or states of abnormal co-movement limits (Arif, M, 2008).

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