

Assisted Arm Range of Motion Exercises

Someone will need to help you with these exercises. Do each exercise slowly _____ times, _____ times a day. Do each exercise with both arms, while lying on your back or while sitting. Do only the exercises checked.

Exercises

Shoulder

- ☐ Hold the arm at the elbow and wrist in front of the body. Have the thumb pointing up and the palm facing forward. Lift the arm straight up toward the ear. Repeat with the other arm.



- ☐ Hold the arm at the elbow and wrist out to the side. Have the thumb pointing up and the palm facing forward. Lift the arm straight up toward the ear. Repeat with the other arm.



- ☐ With the elbow bent at a 90-degree angle, hold the arm at the elbow and the wrist. Turn the lower arm until the palm of the hand faces the patient. Then turn the lower arm until the back of the hand faces the patient. Repeat with the other arm.

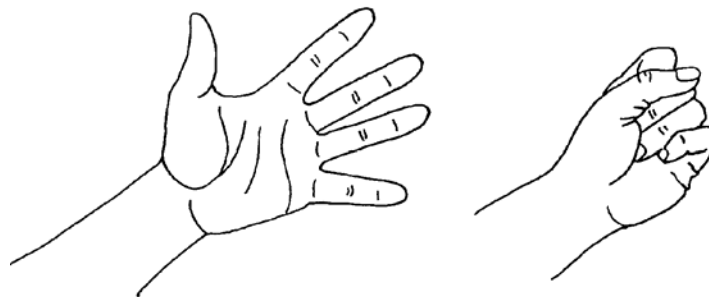


Wrist and Fingers

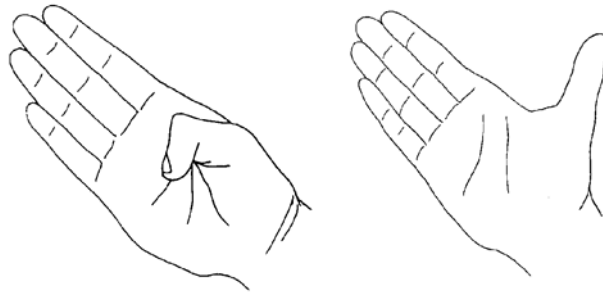
- ☐ With fingers straight, bend the wrist backwards. Then bend the fingers and wrist forward. Repeat with the other hand.



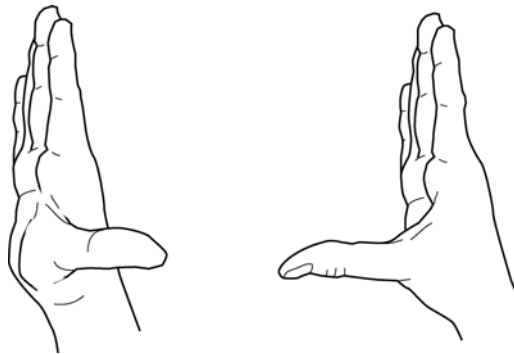
- ☐ Make a tight fist and then straighten the fingers. Spread the fingers apart and together again. Repeat with the other hand.



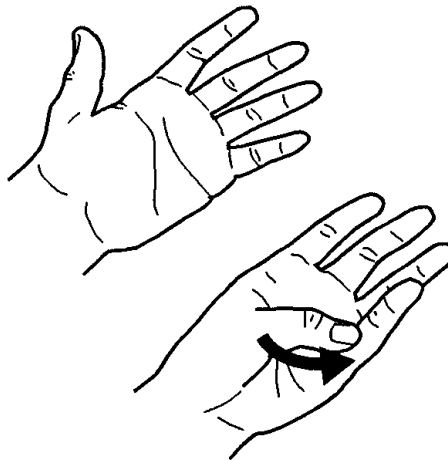
- ☐ Take the thumb across in front of the palm. Bend both thumb joints. Bring the thumb back until it is at a 90-degree angle beside the index finger. Repeat with the other hand.



- ☐ Take the thumb straight out in front of the index finger until it is at a 90-degree angle with the fingers.



- ☐ Take the thumb across in front of the palm of the hand until it touches the base of the little finger.



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