

Range of Motion Exercises

For shoulder, arm, and hand

Your therapist will teach you these exercises you can do at home. These exercises will help you gain flexibility in your affected hand, wrist, arm, and shoulder.

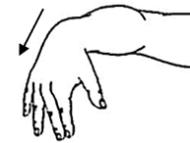
Exercise #1

1. Hold a sponge in your hand.
2. Squeeze the sponge as firmly as you can.
3. Hold for _____ seconds.
4. Repeat this exercise _____ times, _____ times a day.



Exercise #2

1. Bend your _____ wrist up (backward). Hold for _____ seconds.
2. Bend your wrist down. Hold for _____ seconds.
3. Repeat this exercise _____ times, _____ times a day.



Exercise #3

1. Turn your palm up. Hold for _____ seconds.
2. Turn your palm down. Hold for _____ seconds.
3. Repeat this exercise _____ times, _____ times a day.



Exercise #4

1. Bend your elbow. Hold for _____ seconds.
2. Straighten your elbow. Hold for _____ seconds.
3. Repeat this exercise _____ times, _____ times a day.



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Exercise #5

1. Stand behind a chair, as shown. Place your
2. hand on the back of the chair and let your _____ hand hang down.
3. Sway your whole body slowly forward and back, letting your arm swing forward and back. Use only your body movement to move your arm. Do not use your arm muscles or let your arm get tense.
4. Repeat, but sway side to side, letting your arm swing side to side.
5. Repeat, but sway in a circle, letting your arm move in circles, first one way and then the other way.
6. Repeat this exercise _____ times, _____ times a day.



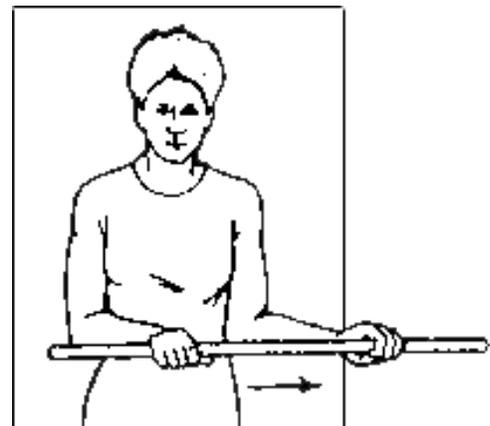
Exercise #6

1. Lie on your back with your arms relaxed and down at your sides.
2. Raise your _____ arm up overhead as far as you can. Hold for ____ seconds.
3. Slowly bring your arm back to your side.
4. Repeat this exercise _____ times, _____ times a day.



Exercise #7

1. Lie on your back with your elbows bent at a right angle (90 degrees). Hold a stick above you.
2. Hold the stick steady with your _____ hand and move your _____ arm to the _____. Do not let your elbows move away from your body.
3. Hold for seconds.
4. Repeat this exercise _____ times,
5. _____ times a day.



Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.