

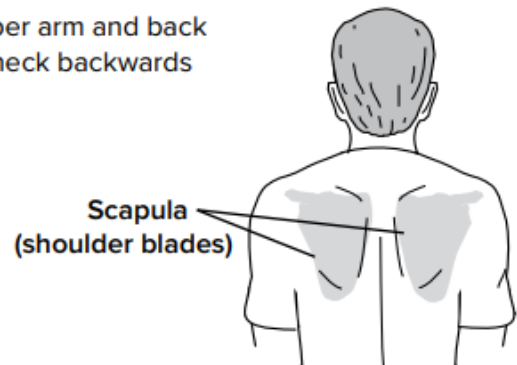
# Upper Extremity Range of Motion

## Shoulders

Your shoulder blades, also called scapula, attach the upper arm and back muscles to raise your arms and shoulders or bend your neck backwards and sideways.

These exercises are to strengthen these muscles.

- Do these while sitting upright.
- Repeat each 10 times and 2 times each day.



### Shoulder raise (elevation)

- Raise your shoulders up toward your ears, keeping your neck straight. Relax your shoulders back down and repeat.
- If you are not able to do this by yourself:
  - Have another person help you by placing the palm of his or her hand on the front of your affected shoulder and the other hand on the bottom of your shoulder blade on the same side.
  - Lean toward your helper, so that your shoulder and shoulder blade raise up.



### Shoulder squeeze (retraction)

- Pull your shoulders back and squeeze your shoulder blades together. Relax and repeat.
- If you are not able to do this by yourself:
  - Have another person help you by placing the palm of his or her hand on the front of your affected shoulder and the other hand cupping your shoulder blade on the same side.
  - Turn your body away from your helper, so that your shoulder blade pulls inward.



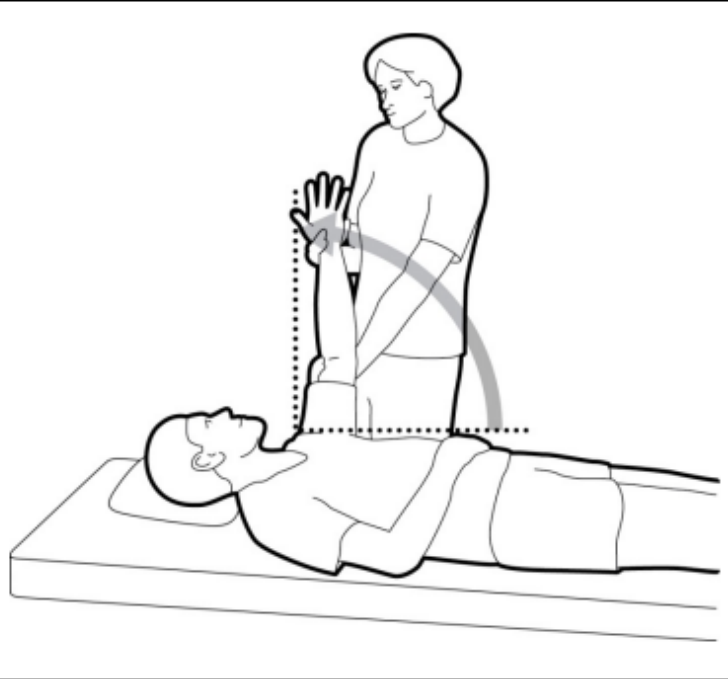
# Upper Extremity Range of Motion

## Shoulders

- Gently support the arm at the elbow and wrist/hand.
- Slowly lift the arm up to shoulder height (90°). Do not go above 90°.

Hold for \_\_\_ seconds.

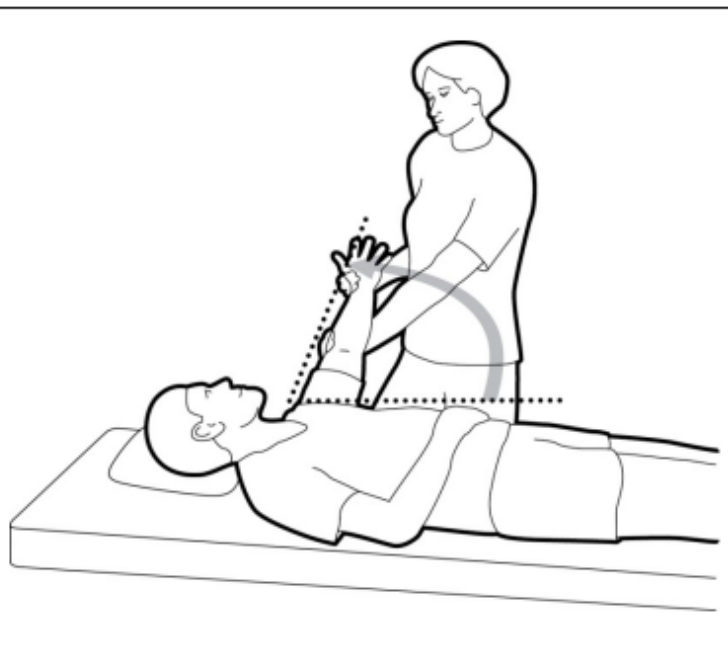
Repeat \_\_\_\_\_ times.



- Gently support the arm at the elbow and wrist/hand.
- Slowly move the arm slightly out to the side and up to shoulder height (90°). Do not go above 90°.

Hold for \_\_\_ seconds.

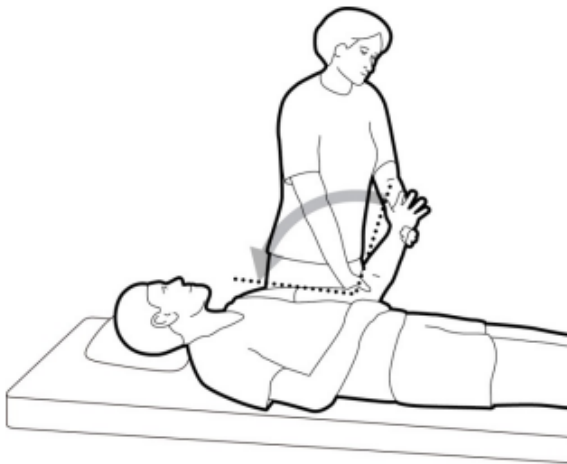
Repeat \_\_\_\_\_ times.



# Upper Extremity Range of Motion

## Elbow

- Gently support the arm at the elbow and wrist/hand.
  - Bend elbow and hold for \_\_\_\_\_ seconds.
  - Straighten elbow and hold for \_\_\_\_\_ seconds.
- Repeat \_\_\_\_\_ times.



- Gently support the arm at the elbow and wrist/hand.
- Bend elbow slightly.



- Gently turn the forearm until the palm faces up.

Hold for \_\_\_\_\_ seconds.



- Gently turn the forearm until the palm faces down.

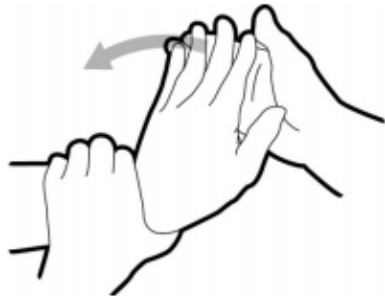
Hold for \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times.

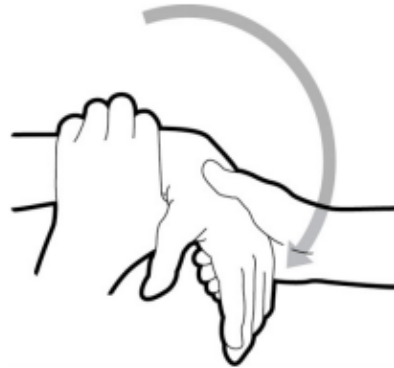
# Upper Extremity Range of Motion

## Wrist

- Gently support the hand at the wrist and palm.



Bend wrist up.  
Hold for \_\_\_\_\_ seconds.



Turn wrist down.  
Hold for \_\_\_\_\_ seconds.  
Repeat \_\_\_\_\_ times.

## Fingers

- Gently support the hand at the wrist and palm.



Straighten fingers.  
Hold for \_\_\_\_\_ seconds.  
Repeat \_\_\_\_\_ times.

# Upper Extremity Range of Motion

## Tenodesis Grip Exercise

This exercise can help improve the strength of your grasp in your hand. You may find it helpful to do this exercise with your lower arm supported on the arm rest of a chair or on a table.

If you are not able to do this exercise yourself, have a caregiver help you. Your caregiver can place his or her hand over yours to move your hand through the exercise.

- Do this exercise \_\_\_\_ times, \_\_\_\_ times each day.
- Do the exercise with slow and smooth motions.
- Do this exercise with:
  - Right hand
  - Left hand
  - Both hands

### Exercise

1. Start with your arm at your side, elbow bent to 90 degrees or a right angle. Have your hand in a relaxed position with your palm facing down.

