

## Upper limb assisted stretches and range of movement exercises

Provided by:

Date:

- 1) Remove splint if worn.
- 2) Start with a warm up of shoulder and neck. Do 5 shoulder shrugs then 5 shoulder protractions and 5 shoulder retractions. If assistance is required, hold the left arm firmly but gently at elbow with your left hand and place the right hand at shoulder blade if possible to give added movement and guidance.
- 3) Do head movements side to side, up and down to loosen up the neck too. This should be done slowly and hold for the count of 5.
- 4) Assistance will be required now to achieve shoulder abduction and flexion.

#### Assisted shoulder abduction



Patient may be seated or lying. The above picture illustrates how to hold the arm.

Firmly but gently take their arm out to the side, away from their body in a circular slow motion.

We often imagine swimming. Once the arm is looser, firmly but gently raise the arm up away from the body to the side . Making sure the arm is supported without forcing too much.

Then slowly return to your starting position. Trying to stretch a little bit further each time.

Repeat 5 times.

### Assisted Shoulder Flexion



Holding the arm just above the elbow and now holding hands. Firmly but gently raise the arm forwards and upwards only to the point that is possible then slowly returning down.

Repeat 5 Times.

5) Continue with elbow flexion, extension, supination and pronation

**Assisted elbow flexion/extension**



Support the arm making sure patients thumb is pointing upwards. Try to bring the hand to patients shoulder in a slow and supported movement and then down to stretch at elbow.

## Assisted supination/pronation



In sitting (or lying) with the patients arm supported.

Support their forearm with one hand and holding their hand/wrist with your other hand try to firmly but gently turn their forearm so their palm is facing upwards.

Hold 5 seconds

The slowly turn their palm to face downwards.

Repeat 5 times

## Assisted Wrist extension/flexion



In sitting with elbow/arm supported onto a cushion.

Hold the forearm or behind elbow with one hand and patients hand with the other. Gentle move the patients hand at the wrist to move the hand upwards (stretching at wrist) and hold for the count of 5, then downwards and hold for the count of 5.

Repeat at least 5 times each way.

## Assisted hand and finger stretch



In sitting with the patients arm supported.

Support their hand at their wrist/thumb with one hand and place your fingers under their fingers with your other hand.

Supporting their wrist and with their thumb out, firmly but gently try to stretch open the patients hand and fingers. Straightening them out as much as you can.

DON'T just use their fingertips to prise their hand open. Try to support their whole hand.

Hold  10  seconds

Then slowly bend their fingers as much as possible.

Repeat  10  times

Now place splint back on.