

Assisted Exercises

For all the exercises outlined, you will need a helper. Initially repeat the exercises a few times. Monitor for compensatory movements such as leaning through your body or hitching your shoulder. If you notice this, stop the exercise. As the movements get easier, the helper should be able to reduce the level of support they are providing you and you should be able to add repetitions to the exercises.

It may be useful to use an exercise diary to log the number of repetitions you can do to give you a starting point to work from and to monitor for changes.

Shoulder movements

Ask the helper to support under your wrist and elbow. As shown in the picture.

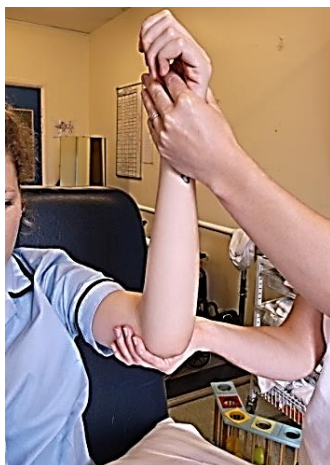
Keeping the elbow by the side, gradually bring the arm across the pillow towards your body. Then gradually move it away from your body.



Ask the helper to continue to support your arm. Raise your arm up in front of you.

Return the arm down to your side. Then gently move the elbow away from the body, keeping it bent at the same angle. See the picture below.

If you experience pain with any of these movements, do not push through the pain, only move through the range that is comfortable unless advised otherwise.



Elbow Movements

Either ask the helper to support under your wrist and elbow. As shown in the picture. Or you can complete this exercise by supporting at your wrist with your unaffected hand. See the second series of pictures on how to do this.

Slowly bend the elbow towards, bringing your hand towards your shoulder. Then slowly lower it back down. Try to use the muscles in the affected arm as much as possible.



Movements of the Forearm

Ask the helper to support under your elbow and hold your hand.

Gently turn your palm up and down. The helper should support with this movement as much as you need to complete the full movement.



Movements of the Wrist

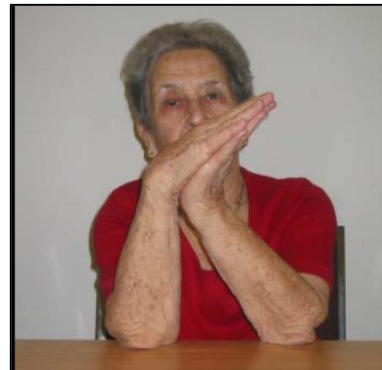
Ask the helper to support just above your wrist and keep your forearm steady.

Gently bend the wrist forwards and backwards, with the helper holding the palm (not pulling the fingers).



You can also complete this on your own.

Place your palms together and grasp your weaker hand with the stronger one. Push your stronger hand against the weaker one. Hold for a count of 3. Repeat in the other direction.



Movements of the Fingers

Your fingers have 3 different joints which can all get stiff. Therefore, each joint needs to be moved and stretched.

Starting with the lowest or closest to the palm. Ask your helper to support your hand at the palm and with their other hand they can support the part of the finger that is going to be moved and stretched. They can then straighten and bend it. They should repeat this for all the joints on each finger and thumb.

