

Arm Exercises to do if you can complete them on your own

We have provided an overview of some exercises you can complete on your own if you were advised by your Occupational Therapist or Physiotherapist that you are able to.

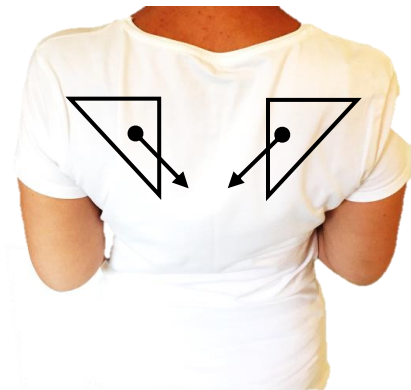
It is important to monitor for compensatory movements such as leaning through your body or hitching your shoulder. If you notice this, stop the exercise. As the movements get easier, you should be able to add repetitions to the exercises.

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 Blade Squeeze

Support your hands in front of you.

Squeeze your shoulder blades back together and down towards the base of your spine. Hold for 15 seconds. Repeat this exercise.



The Twist

Sit in a chair with your back against the backrest.

Clasp your hands together and reach them forward to straighten your elbows.

Turn your body to the left. Hold for 3 seconds. Turn your body to the right. Hold for 3 seconds.



Arm lifts

Sit up straight with your back against the chair and your arms relaxed.

Support your weaker arm by holding it around the wrist.

Gently raise your arms and keep them straight until they are pointing forward.

Gently lower your arms.

As this gets easier, try to lift your arm without supporting it with the other hand.



Raising your arm to the Side

Sit up straight with your back against the back rest of the chair.

Cradle your weaker arm with the stronger one.

Gently take your arms out to the side and then lower them back again.



Progress this to lifting your arm out to the side without support, as shown in the picture to the right. If this is too hard to complete, try bending your elbow slightly.



Elbow Movements

See the section on assisted exercises if you need to support your arm to complete the movement

Place your weaker arm, palm up on your lap.

Move your hand to touch your shoulder. Hold for 3 seconds.

Slowly lower your hand.



Wrist Movements

Place both hands and forearms on a table in front of you.

Lift both hands as far as possible, while keeping your forearms on the table. Hold for 3 seconds. Then gently lower. Repeat this movement.



Grasp and Release

Place your weaker arm and hand on a table.

1. To grasp the cup:

First turn your palm upwards and spread your thumb and fingers apart.

Reach and grasp the cup.

2. Release the cup:

Spread your thumb away from your fingers to let go of the cup. Ensure you fully straighten your fingers.

