Self-Range of Motion Exercises for Shoulders, Arms, Wrists, Fingers



These exercises will help keep your muscles strong and mobile, and your joints flexible. Other benefits of these exercises include:

Improved blood flow

- Reduced swelling
- Integrated sensory and motor function
- Improved awareness of body

• Improved body symmetry

Do	those	exercises 🗸	7	times	a	day

- Do each exercise slowly
- Do not force movement
- Do the exercises within your tolerance for pain. Pain should go away when the joint is returned to rest.

☐ Shoulder Flexion And Extension

Position:

Start in the position your Therapist has recommended:

- ☐ Lying down
- ☐ Supported sitting
- ☐ Unsupported sitting







Exercise: Repeat _______Times 1. Begin by: Interlocking your fingers with the affected thumb on top Holding your wrist to support the affected arm 2. Raise your arms forward and up towards the ceiling. Keep your elbows straight and thumbs up.

3. Slowly lower your arms to the starting position.

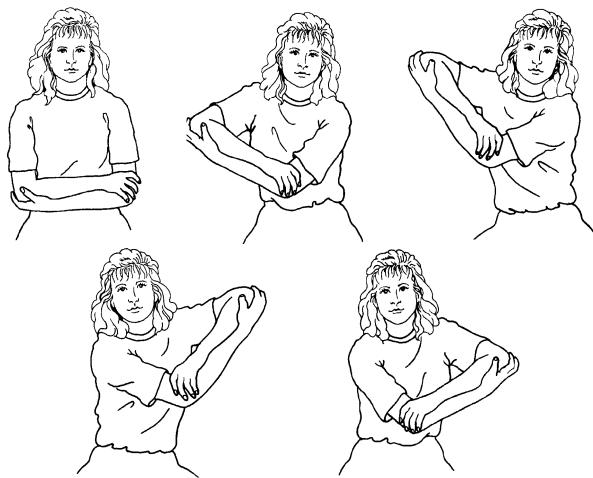
☐ Shoulder Abduction and Adduction

Position:

☐ Lying down ☐ Supported sitting ☐ Unsupported sitting

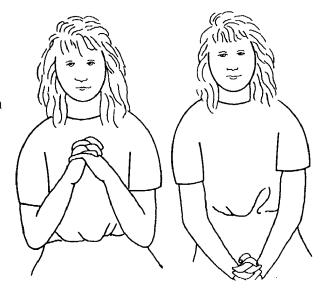
Exercise:

- 1. Hold the affected arm as if cradling a baby by supporting your elbow, forearm, and west.
- 2. Slowly move your arms to the side away from your body up to shoulder height.
- 3. Slowly rock your arms side to side. Keep your body from turning.



☐ Shoulder Internal / External Rotation						
r Positi	on:					
☐ Ly	ing down	0	Supported si	itting 🗖	Unsupported sitting	
™ Exerc 1. Be	eise:	Repeat		_ Times		
<u> </u>			ers with the a support the a		b on top	
2. Pu	2. Put your affected arm at your side with your elbow bent at 90° degrees					
3. Slo	3. Slowly move your forearm across your stomach.					
	4. Slowly move your forearm away from your body. Keep your elbow at your side.					
☐ Elbow Flexion / Extension						
r Positi	on:					
☐ Ly	ing down		Supported si	itting 📮	Unsupported sitting	
r Exerc	eise:	Repeat		Times		
1. Be	egin by:				I	
☐ Interlocking your fingers with the affected thumb on top						
☐ Holding your wrist to support the affected arm						

- 2. Start with your arm straight.
- 3. Slowly bend your elbows, then fully straighten your elbows.



☐ Pronation / Supination

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- ☐ Lying down ☐ Supported sitting ☐ Unsupported sitting
- Exercise: Repeat _____ Times

1. Begin by:

- ☐ Interlocking your fingers with the affected thumb on top
- ☐ Holding your wrist to support the affected arm
- 2. Place the affected arm with the palm of your hand facing upward.
- 3. Slowly rotate the palm of your hand downward.
- 4. Repeat _____ times.







	Wrist Flexion	n / Extension	l		
	Position:				
	☐ Lying do	own 🖵 S	Supported sitting	Unsupported sitting	
rg	Exercise:	Reneat	Times	7	
	1. Begin by:	Ttopcut		_	
	☐ Interlock	king your finger	rs with the affected the	amb on top	
	☐ Grasp ye	our affected har	nd		
	2. Slowly bend	l your wrist for	ward then backward.		
			(; Q)		
	Ulnar / Radi	al Deviation			
	Position:				
	Lying do	own 🖵 S	Supported sitting	Unsupported sitting	
	Exercise:	Repe	at time	es	
	1. Begin by	y:			
	☐ Interlocking your fingers with the affected thumb on top				
	☐ Grasp your affected hand				
	2. Slowly l	end your wrist	towards you then awa	ay from you.	
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☐ Finger Flexion And Extension Position: Place your affected hand on your lap or on a table. Exercise: Repeat _ Times with each finger and thumb 1. Individually straighten and bend each finger slowly. **☐** Thumb Abduction B **Position:** Place your affected hand on your lap or on a table. B **Exercise:** Repeat _ 1. Place the thumb and index finger of your non-affected hand between thumb and index finger of your affected hand. 2. Stretch the thumb and index finger apart. **☐** Thumb Opposition B **Position:** Place your affected hand on your lap or on a table. B **Exercise: Times** Repeat _ 1. Move your affected thumb so that it touches the tip of your little finger.

If you would like more written information, please call the Center for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.

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▶ Upon request all patient education handouts are available in other formats for people with special hearing, vision and language needs, call (614) 293-3191.