

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

Do those exercises ✓ _____ times a day

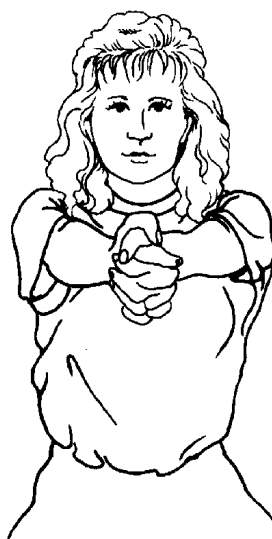
- Do each exercise slowly
- Do not force movement
- Do the exercises within your tolerance for pain. Pain should go away when the joint is returned to rest.

Shoulder Flexion And Extension

Position:

Start in the position your Therapist has recommended:

- Lying down Supported sitting Unsupported sitting



☞ Exercise:**Repeat _____ Times**

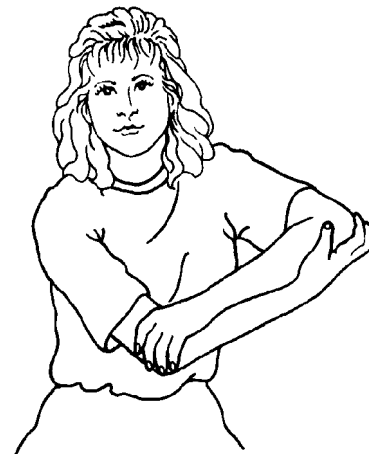
1. Begin by:
 - Interlocking your fingers with the affected thumb on top
 - Holding your wrist to support the affected arm
2. Raise your arms forward and up towards the ceiling. Keep your elbows straight and thumbs up.
3. Slowly lower your arms to the starting position.

 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 wrist.
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

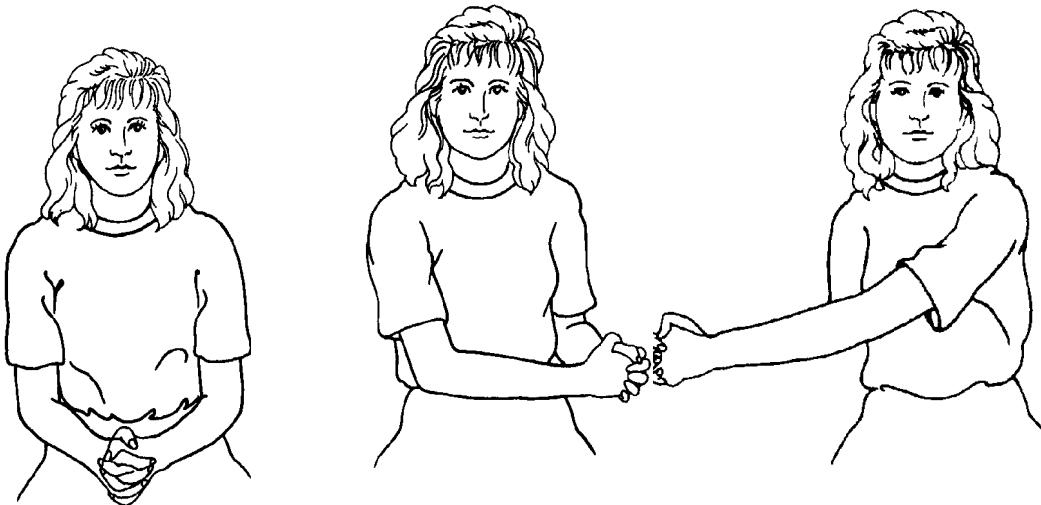
Position:

- 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. Put your affected arm at your side with your elbow bent at 90° degrees.
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

Position:

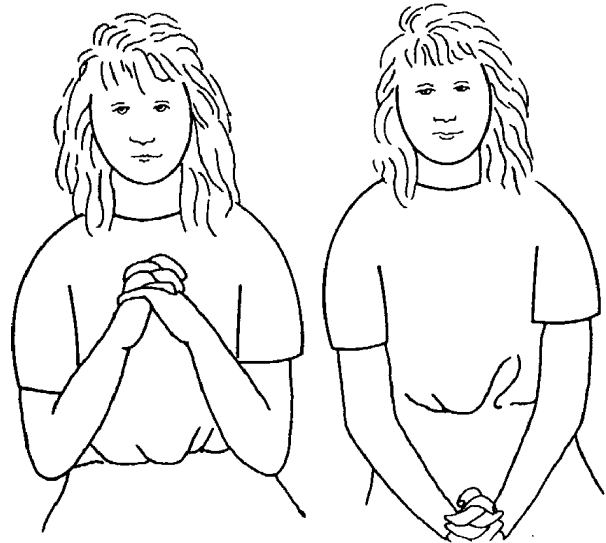
- Lying down Supported sitting Unsupported sitting

Exercise:

Repeat _____ Times

1. Begin by:
 - Interlocking your fingers with the affected thumb on top
 - Holding your wrist to support the affected arm

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



Pronation / Supination

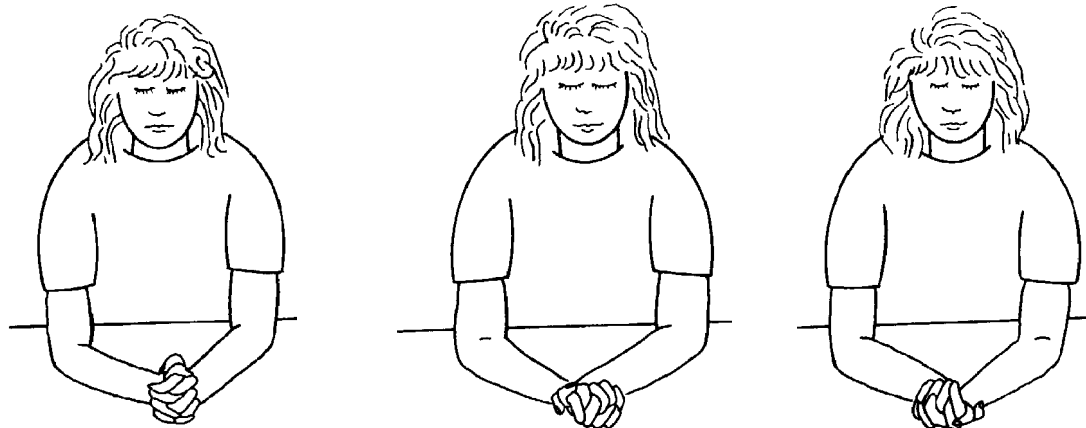
Position:

- 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 / Extension

Position:

- Lying down Supported sitting Unsupported sitting

Exercise:

Repeat _____ Times

1. Begin by:

- Interlocking your fingers with the affected thumb on top
 Grasp your affected hand

2. Slowly bend your wrist forward then backward.



Ulnar / Radial Deviation

Position:

- Lying down Supported sitting Unsupported sitting

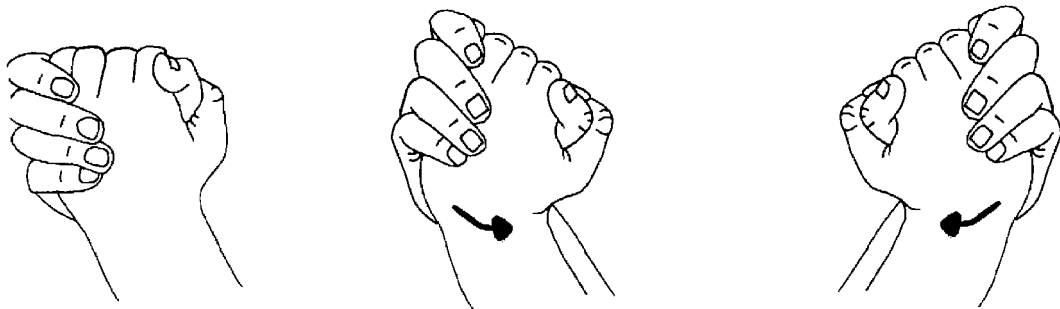
Exercise:

Repeat _____ times

1. Begin by:

- Interlocking your fingers with the affected thumb on top
 Grasp your affected hand

2. Slowly bend your wrist towards you then away from you.



☐ Finger Flexion And Extension

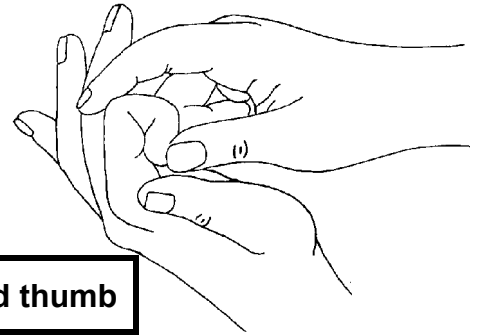
 **Position:**

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

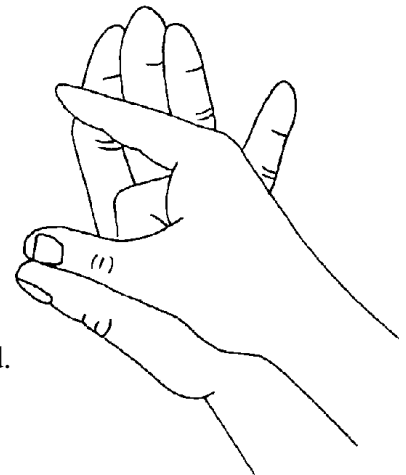
 **Position:**

Place your affected hand on your lap or on a table.

 **Exercise:**

Repeat _____ Times

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

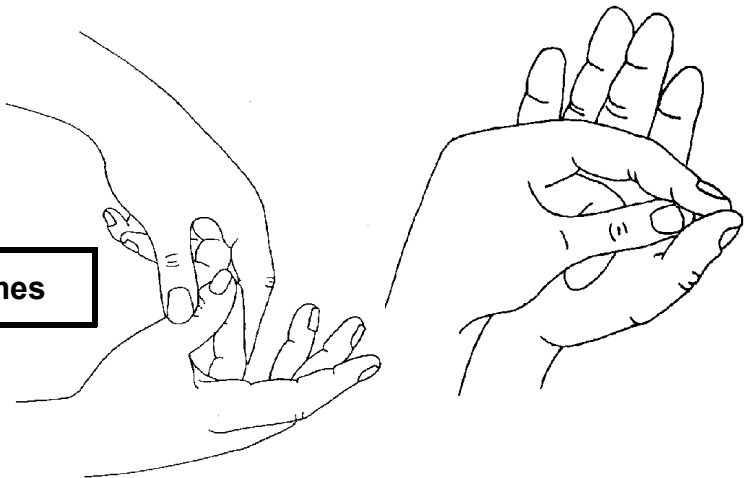
 **Position:**

Place your affected hand on your lap or on a table.

 **Exercise:**

Repeat _____ Times

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.