

Upper Extremity Self Range of Motion Exercise Program

Purpose of Self Range of Motion

1. To keep the weakened arm and hand from becoming stiff and painful.
2. To make putting on and taking off clothing easier.

General procedures

1. A good time to do these exercises is while you are still in bed in the morning, and/or at night before you go to sleep.
2. Use slow, smooth movements. Avoid rapid, jerky movements.

Precautions

1. All exercises should be performed **to the point of stretch without pain**. If you feel pain, slightly back off and hold the stretch.
2. Focus on the quality of each movement, rather than the number of each exercise.

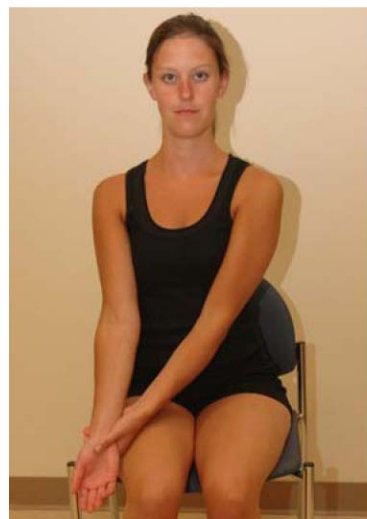
1. Shoulder Flexion (arm overhead)

- Hold wrist with opposite hand.
- Lift arm overhead with thumb pointing up and elbow straight.
- Hold for 3 counts.
- Repeat 10 times.
- If you feel pain, slightly back off and hold the stretch.



2. Elbow Flexion (elbow bending)

- Hold wrist with palm facing up with opposite hand.
- Bend elbow.
- Hold 3 counts.
- Straighten elbow and hold.
- Repeat 10 times.



Continued

3. Forearm Pronation and Supination (forearm turning)

- Clasp hands together.
- Turn palm up.
- Hold 3 counts.
- Turn palm down and hold 3 counts.
- Repeat 10 times.



4. Wrist Flexion and Extension (bending wrist)

- Bend your wrist up using opposite hand.
- Hold 3 counts.
- Bend your wrist down and hold 3 counts.
- Repeat 10 times.



5. Ulnar and Radial Deviation (bending wrists up towards ceiling/down towards floor)

- Clasp hands together off edge of table or over towel roll.
- Move wrist up.
- Hold 3 counts.
- Move your wrist down and hold 3 counts.
- Repeat 10 times.



6. Thumb Flexion, Extension, Abduction and Adduction

- Hold thumb with opposite hand.
- Move thumb towards little finger and then out to side.
- Raise thumb straight up and then down.
- Hold each 3 counts.
- Repeat 10 times.



**7. Finger Flexion and Extension
(opening and closing hand)**

- Use opposite hand to bend fingers and hold.
- Use opposite hand to straighten fingers.
- Hold 3 counts.
- Repeat 10 times.



8. Finger Adduction and Abduction

- Place fingers of opposite hand between fingers.
- Spread fingers apart, then together.
- Hold 3 counts.
- Repeat 10 times.

