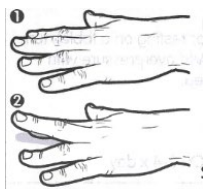


# Hand, Wrist, Elbow, Shoulder, Upper Body Exercises

## Hand/Wrist/Elbow Exercises

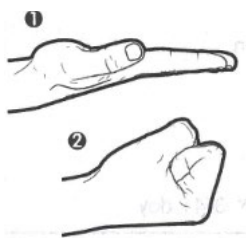


### Finger Extension

With your hand flat on a table, extend your finger as far as you can. Lower and repeat.

Sets & Reps: 3 x 15-20

Frequency: Daily



### Finger Flexion

With your fingers straight [1], make a fist [2]. Return to the start position and repeat.

Sets & Reps: 3 x 10-15

Frequency: Daily

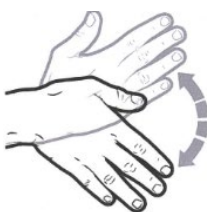


### Full Fist

Starting with your hand straight [1], bend all of your fingers to form a full fist [2]. Hold this position for 5 seconds then return to the start position [1] and repeat.

Sets & Reps: 2 x 10

Frequency 2-3 x day

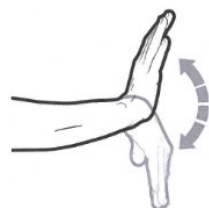


### Radial & Ulnar Deviation

Keeping your hand and forearm in-line, flex your wrist as far as you can towards your thumb and then towards your little finger.

Sets and Reps: 1 x 10

Frequency: 3-4 x day



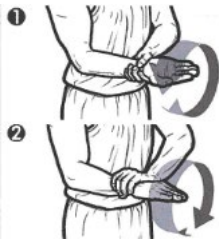
### Wrist Flexion and Extension

Bend your wrist down and up as far as you can.

Sets & Reps: 1 x 10

Frequency: 3-4 x day

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### **Pronation / Supination Stretch**

With your elbow bent to 90° against your side (or resting on a table), turn your palm to face up [1] then to face down [2]/ Add overpressure with your opposite hand for an extra stretch if required.

Sets & Reps: 10 reps

Frequency: 3-4 x day

### **Elbow Flexion and Extension**

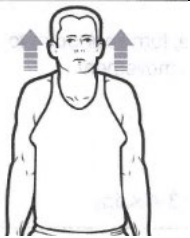
Bend and straighten your elbow as far as you can.



Sets & Reps: 3 x 15-20

Frequency 3-4 x day

## **Upper Extremity Arom**

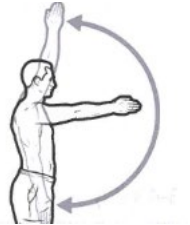


### **Shoulder Shrugs**

Stand with your arms relaxed at your side. From this position. Shrug your shoulders upwards as far as you can. Hold briefly then lower and repeat.

Sets & Reps: 2 x 15

Frequency: Daily

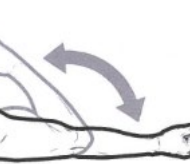


### **Standing Shoulder Flexion**

While keeping your elbow straight, raise and lower your arm as far as you can in a large arc. Continue this slow and controlled movement for up to 5 minutes or until fatigue.

Sets & Reps: 5 min / fatigue

Frequency: 3-5 x day



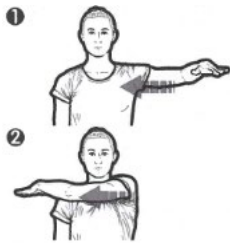
### **Elbow Flexion and Extension**

Bend and straighten your elbow as far as you can.

Sets & Reps: 3 x 15-20

Frequency: 3-4 x day

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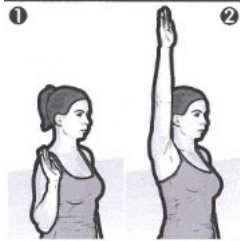


### Active Horizontal Shoulder Adduction

In standing with your elbow bent to 90°, raise your arm out to the side to shoulder height [1]. Move your arm in a horizontal plane across your body as far as you can, bringing your hand towards your opposite shoulder [2]. Return to the start position [1] and repeat.

Sets & Reps: 10 reps

Frequency: 3 x day



### Active Shoulder Flexion

Rest your hand on your shoulder with your palm facing upwards [1]. Push your hand up towards the ceiling, straightening your elbow [2]. Slowly bend your elbow, lowering your hand back to your shoulder [1]. Repeat.

Sets & Reps: 3 x 10-15

Frequency: Daily

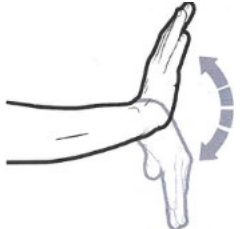


### Forearm Rotation

With your elbow bent to 90°, and against your side, turn your palm to face up [1], then to face down [2]. Slowly repeat this movement.

Sets & Reps: 10-15 reps

Frequency: 3-4 x day



### Wrist Flexion & Extension

Bend your wrist down and up as far as you can.

Sets & Reps: 1 x 10

Frequency: 3-4 x day

## Passive Shoulder Exercises



### Shoulder Pendulums: Front-Back

While supporting yourself on a table, lean forward with your arm hanging down loosely until your shoulder reaches an angle of approximately 90°. Generating movement from your hips, gently swing your arm forward and backward.

Sets & Reps: 2-3 x 1 min

Frequency: 2-3 x day

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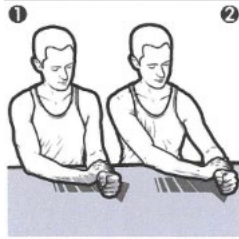


### **Shoulder Pendulums: Circular**

While supporting yourself on a table, lean forward with your arm hanging down loosely until your shoulder reaches an angle of approximately 90°. Generating movement from your hips, gently swing your arm in small clockwise and anti-clockwise circles.

Sets & Reps: 2-3 x 1 min

Frequency: 2-3 x day

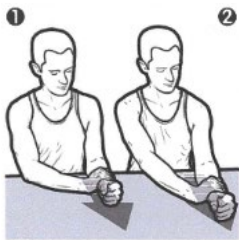


### **Passive Shoulder Abduction**

Sit with your forearm resting on a table with your shoulder relaxed [1]. Use your unaffected arm to slide your forearm out to the side as far as possible [2]. Slide your arm back and repeat

Sets & Reps: 5-10 reps

Frequency: 3 x day

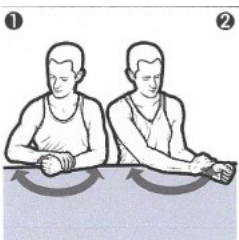


### **Passive Shoulder Flexion**

Sit with your forearm resting on a table with your shoulder relaxed [1]. Use your unaffected arm to slide your arms forwards as far as possible [2]. Slide your arm back and repeat.

Sets & Reps: 5-10 reps

Frequency: 3 x day



### **Passive Shoulder Rotation**

Sit with your forearm resting on a table with your shoulder relaxed. Use your unaffected arm and pivoting from the elbow, rotate your forearm along the table to the right [1] and left [2]. As far as possible. Repeat.

Sets & Reps: 5-10 reps

Frequency: 3 x day

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