
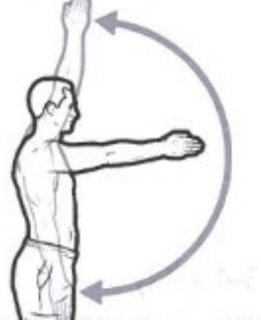

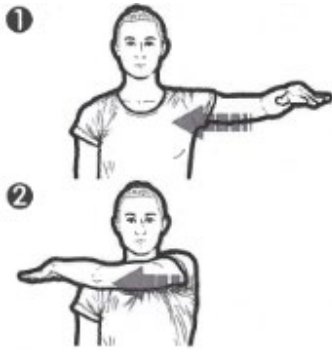
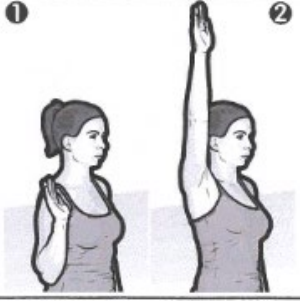
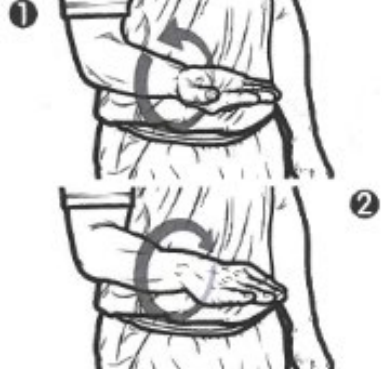



Upper Extremity Active Range of Motion (AROM)

	<p>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.</p> <p>Sets & Reps: 2 x 15 Frequency: Daily</p>
	<p>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.</p> <p>Sets & Reps: 5 min / fatigue Frequency: 3-5 x day</p>
	<p>Elbow Flexion and Extension Bend and straighten your elbow as far as you can.</p> <p>Sets & Reps: 3 x 15-20 Frequency: 3-4 x day</p>
	<p>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.</p> <p>Sets & Reps: 10 reps Frequency: 3 x day</p>

	<p>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.</p> <p>Sets & Reps: 3 x 10-15 Frequency: Daily</p>
	<p>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.</p> <p>Sets & Reps: 10-15 reps Frequency: 3-4 x day</p>
	<p>Wrist Flexion & Extension Bend your wrist down and up as far as you can.</p> <p>Sets & Reps: 1 x 10 Frequency: 3-4 x day</p>

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