

Upper Extremity Active Range of Motion – Sitting

It will be very important to continue the exercise program that your therapist instructed you in when you leave the hospital.

Purpose

- increase strength
- maintain/improve endurance
- promote circulation
- maintain/increase range of motion (ROM)

Instructions

- exercises should be done at least once per day
- do one arm at a time
- perform exercises slowly

Exercises

To increase strength in the upper extremities, some type of weight (or resistance) should be used.

Recommendations:

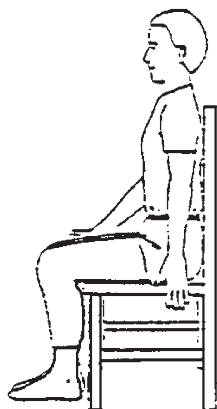
- commercial wrist weights, 1 to 2 lbs.
- soup or tuna can

Shoulder flexion

Begin with your arms straight at your side. Keeping your elbow straight, lift one arm up over your head as far as possible.

Amount of resistance _____

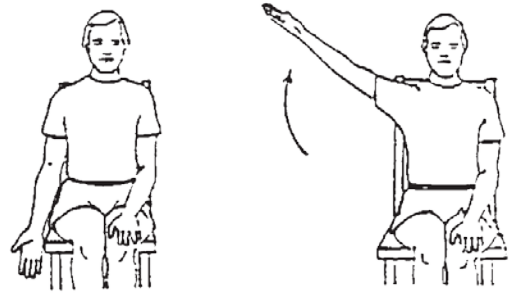
Amount of repetition _____



Continued

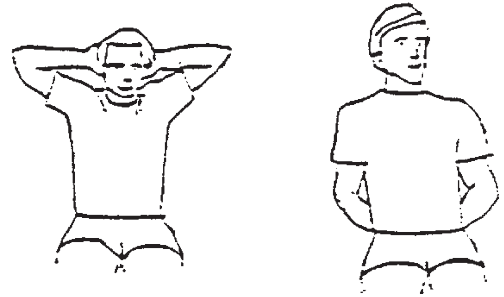
Shoulder abduction

Lift your arm out to side with palm up.
Keep elbow straight.



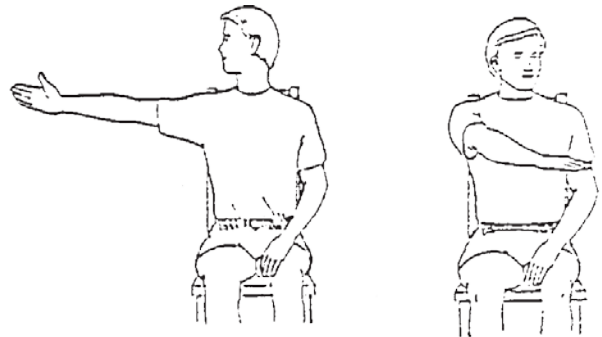
Shoulder rotation

Bring arm(s) behind head.
Bring arm(s) behind back.



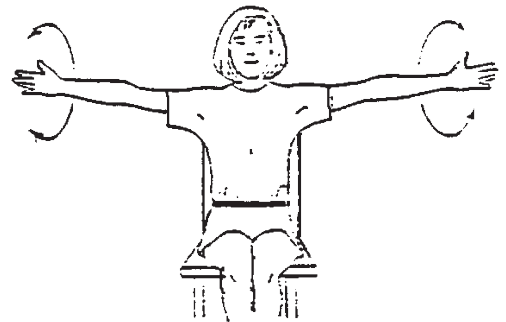
Horizontal shoulder abduction and adduction

Hold arm out to side at shoulder height.
Reach hand out and bring it in across your body. Keep elbow straight.



Shoulder circumduction

Hold arms out to side at shoulder height.
Move arms in a circle, clockwise, five times;
then counter-clockwise five times.



Shoulder extension

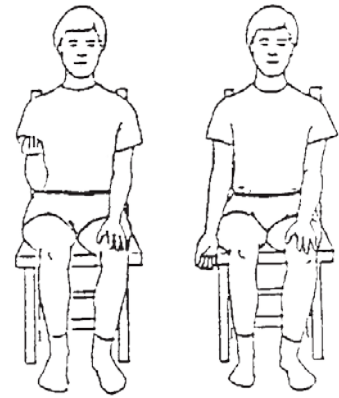
Move arm(s) backwards. Do not lean forward.



Continued

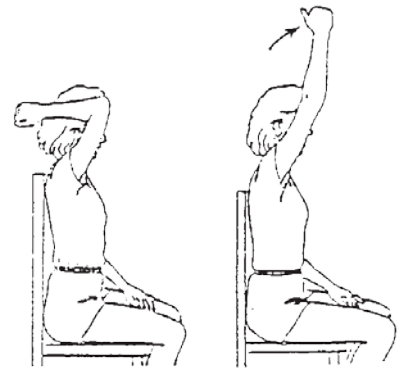
Elbow flexion and extension

Bend elbow. Straighten elbow and hold.



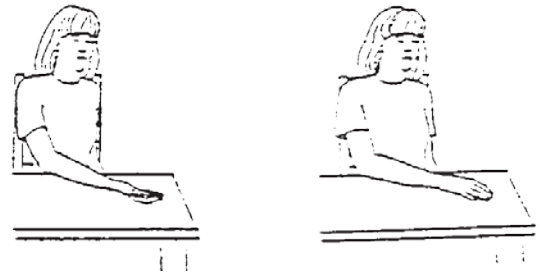
Elbow extension

Hold arm above head, elbow pointing to ceiling. Straighten elbow.



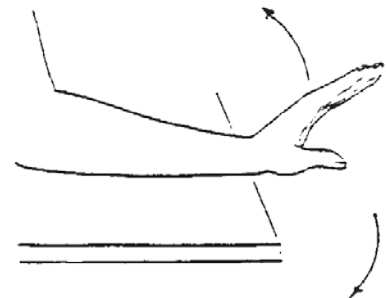
Forearm pronation and supination

Turn palm up. Keep elbow at side.
Turn palm down and hold.



Wrist flexion/extension

Begin with palm down, raise hand up and then bring down.



Continued