

# Active Assisted Arm Range of Motion after Stroke

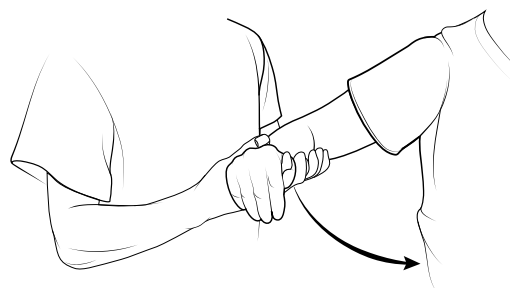
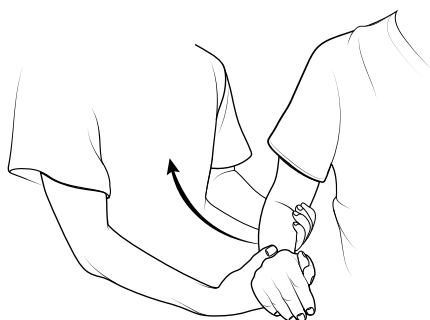


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- These exercises are done with a helper to support your weaker arm. You should move your arm on your own to help improve strength and movement.
- Do these exercises while lying in bed, on a wedge mat, or seated in a chair.
- Never raise the weaker arm above shoulder height, unless you are able to raise it on your own. This is to protect your shoulder joint.
- As you gain strength, your helper should start to resist the motions.

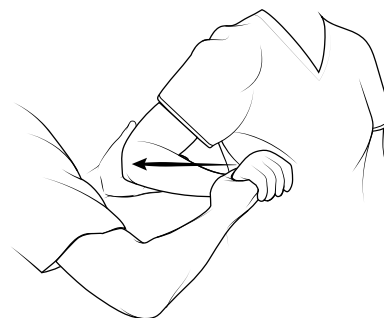
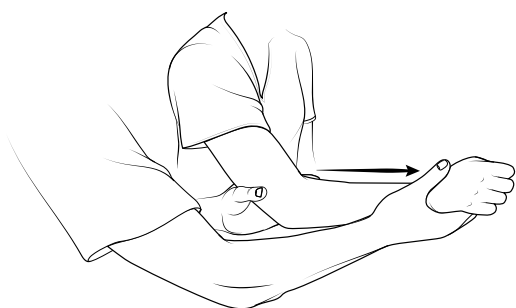
## Shoulder abduction and adduction

- Have your arm by your side. Your helper should support your arm at the elbow and wrist.
- With your palm facing up, raise your arm out to your side as far as you can, but no higher than shoulder height.
- Then bring your arm back in to your body.



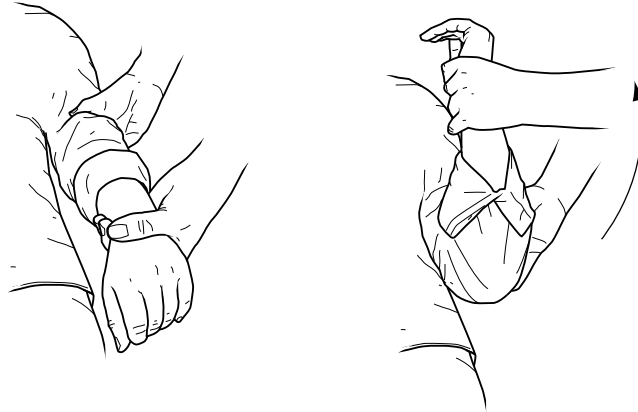
## Shoulder flexion and extension

- Your helper should support your arm at your elbow and wrist.
- Push your arm forward like you are reaching for something in front of you. Move only your arm. Do not turn your trunk.
- Then pull your arm back until your elbow is back at your side.



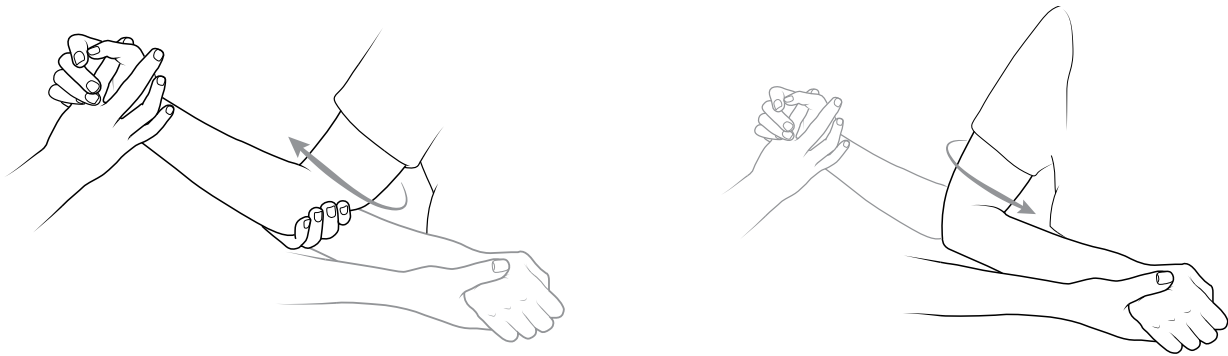
## Elbow flexion and extension

- Your helper should support your arm at your elbow and wrist.
- Bend your elbow, bringing your thumb up toward your shoulder.
- Straighten your arm, taking your hand back down to your side.



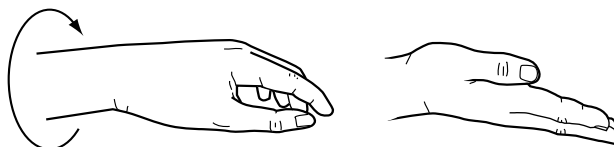
## Internal and external rotation

- Your helper should support your arm at the back of your elbow and wrist.
- With your arm bent and your elbow at your side, push your arm out to your side.
- Then pull your arm back in toward your stomach.



## Palm down, palm up (supination and pronation)

- Your helper should support your arm at your elbow and wrist.
- With your elbow at your side, have your palm facing down.
- Then turn your palm up towards the ceiling.



## Wrist flexion and extension

- Your helper should support your wrist and palm.
- Bend your wrist in towards your body and then back into straight position.



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**Talk to your doctor or health care team if you have any questions about your care.**

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail **health-info@osu.edu**.