Active Assisted Arm Range of Motion after Stroke

- 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.