Self-Range of Motion Exercises for Shoulders, Arms, Wrists, Fingers

These exercises will help keep your muscles strong and mobile, and your joints flexible. Other benefits of these exercises include:

- Improved blood flow
- Reduced swelling
- Integrated sensory and motor function
- Improved awareness of body
- Improved body symmetry

Do those exercises ✔ ___ times a day

- Do each exercise slowly
- Do not force movement
- Do the exercises within your tolerance for pain. Pain should go away when the joint is returned to rest.
Shoulder Flexion And Extension

Position:
Start in the position your Therapist has recommended:
- Lying down
- Supported sitting
- Unsupported sitting

Exercise:
Repeat __________ Times
1. Begin by:
   - Interlocking your fingers with the affected thumb on top
   - Holding your wrist to support the affected arm
2. Raise your arms forward and up towards the ceiling. Keep your elbows straight and thumbs up.
3. Slowly lower your arms to the starting position.
Shoulder Abduction and Adduction

Position:
- Lying down
- Supported sitting
- Unsupported sitting

Exercise:
Repeat __________ Times

1. Hold the affected arm as if cradling a baby by supporting your elbow, forearm, and wrist.
2. Slowly move your arms to the side away from your body up to shoulder height.
Shoulder Internal / External Rotation

Position:
- Lying down
- Supported sitting
- Unsupported sitting

Exercise:
Repeat __________ Times

1. Begin by:
   - Interlocking your fingers with the affected thumb on top
   - Holding your wrist to support the affected arm

2. Put your affected arm at your side with your elbow bent at 90° degrees.

3. Slowly move your forearm across your stomach.

4. Slowly move your forearm away from your body. Keep your elbow at your side.
Elbow Flexion / Extension

Position:

- Lying down  
- Supported sitting  
- Unsupported sitting

Exercise:
Repeat __________ Times
1. Begin by:
   - Interlocking your fingers with the affected thumb on top
   - Holding your wrist to support the affected arm
2. Start with your arm straight.
3. Slowly bend your elbows, then fully straighten your elbows.

Pronation / Supination

Position:

- Lying down  
- Supported sitting  
- Unsupported sitting

Exercise:
Repeat __________ Times
1. Begin by:
   - Interlocking your fingers with the affected thumb on top
   - Holding your wrist to support the affected arm
2. Place the affected arm with the palm of your hand facing upward.
3. Slowly rotate the palm of your hand downward.
☐ Wrist Flexion / Extension

Position:
☐ Lying down  ☐ Supported sitting  ☐ Unsupported sitting

Exercise:
Repeat __________ Times

1. Begin by:
   ☐ Interlocking your fingers with the affected thumb on top
   ☐ Grasp your affected hand

2. Slowly bend your wrist forward then backward.

☐ Ulnar / Radial Deviation

Position:
☐ Lying down  ☐ Supported sitting  ☐ Unsupported sitting

Exercise:
Repeat __________ Times

1. Begin by:
   ☐ Interlocking your fingers with the affected thumb on top
   ☐ Grasp your affected hand

2. Slowly bend your wrist towards you then away from you.
☐ **Thumb Abduction**

**Position:**
Place your affected hand on your lap or on a table.

**Exercise:**
Repeat __________ Times
1. Place the thumb and index finger of your non-affected between thumb and index finger of your affected hand.
2. Stretch the thumb and index finger apart.

☐ **Thumb Opposition**

**Position:**
Place your affected hand on your lap or on a table.

**Exercise:**
Repeat ________ Times
1. Move your affected thumb so that it touches the tip of your little finger.

- Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.