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

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

- Better blood flow
- Less swelling
- Better coordination and smoother movement

- Do only the exercises checked by your therapist.
- Do these ______ times a day.
- Do each exercise slowly. Do not force the movement.
- Do the exercises as you can tolerate the pain. The pain should go away when you are resting the joint.

Exercises

☐ Shoulder Flexion and Extension

Start in the position checked by your therapist below:

☐ Lying down  ☐ Sitting with support  ☐ Sitting without support

Repeat _____ times.

1. Begin by:
   ☐ Interlocking your fingers with the affected thumb on top (shown).
   ☐ Holding your wrist to support the affected arm.

2. Raise your arms forward and up toward the ceiling. Keep your elbows straight and thumbs up.

3. Slowly lower your arms to the starting position.
Shoulder Abduction and Adduction

Start in the position checked by your therapist below:
- Lying down
- Sitting with support
- Sitting without support

Repeat _____ times.

1. Hold the wrist of your affected arm with your other hand.
2. Slowly move your arm away from your body up to shoulder height. Try not to raise up your shoulder.
3. Then, move your arm across your body to the other side. Keep your body from turning while you do this.

Shoulder Internal and External Rotation

Start in the position checked by your therapist below:
- Lying down
- Sitting with support
- Sitting without support

Repeat _____ times.

1. Begin by:
   - Interlocking your fingers with the affected thumb on top.
   - Holding your wrist to support the affected arm (shown).
2. Put your affected arm at your side with your elbow bent at 90° degrees.
3. Slowly move your forearm across your stomach.
4. Then, slowly move your forearm away from your body. Keep your elbow at your side while you do this.
Elbow Flexion and Extension

Start in the position checked by your therapist below:
- Lying down
- Sitting with support
- Sitting without support

Repeat _____ times.

1. Begin by:
   - Interlocking your fingers with the affected thumb on top (shown).
   - Holding your wrist to support the affected arm.
2. Start with your arm straight.
3. Slowly bend your elbows up, then fully straighten your elbows back down.

Pronation and Supination

Start in the position checked by your therapist below:
- Lying down
- Sitting with support
- Sitting without support

Repeat _____ times.

1. Begin by:
   - Interlocking your fingers with the affected thumb on top (shown).
   - 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 and Extension**

  **Start in the position checked by your therapist below:**
  - Lying down  
  - Sitting with support  
  - Sitting without support

  Repeat ____ times

  1. Begin by:
     - Interlocking your fingers with the affected hand on top (shown).
     - Grasping your affected hand.
  2. Slowly bend your wrist forward then backward.

- **Radial / Ulnar Deviation**

  **Start in the position checked by your therapist below:**
  - Lying down  
  - Sitting with support  
  - Sitting without support

  Repeat ____ times

  1. Begin by:
     - Interlocking your fingers with the affected thumb on top.
     - Grasping your affected hand (shown).
  2. Slowly bend your wrist side to side (toward your thumb, then toward your little finger).
Thumb Abduction

Start by placing your affected hand on your lap or on a table.

Repeat ____ times.

1. Place the thumb and index finger of your non-affected hand between thumb and index finger of your affected hand.
2. Stretch the thumb and index finger apart.

Thumb Opposition

Start by placing your affected hand on your lap or on a table.

Repeat ____ times.

Move your affected thumb so that it touches the tip of your little finger.