Assisted Arm Range of Motion after a Stroke

These exercises are done to your weaker arm to help improve strength and movement. Do each exercise ____ times and do the exercises ____ times each day.

- Your caregiver should help you only by supporting your arm. You should move your arm on your own.
- If you are not able to move your arm on your own, do not let your elbow be moved to or above shoulder level on your weak side. This is to protect your shoulder joint.

Shoulder exercises

☐ Lie on your side. Your caregiver should support your arm at the 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.
Lie on your back with your arm down at your side. Your caregiver should support your arm at the elbow and wrist.

With your palm facing up, move your arm out to your side as far as you can.

Then bring your hand back in to your hip.

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**Elbow exercises**

Lie on your back with your arm down at your side. Your caregiver should support your arm at the elbow and wrist through the exercise but he or she should not move your arm.

Bend your elbow, bringing your thumb up to your chin.

Straighten your arm, taking your hand back down to your side.
Lie on your back or sit in a chair with your arm bent at a right angle or 90 degrees. Your caregiver should support your arm at the elbow and wrist through the exercise but he or she should not move your arm.

Turn your lower arm until the palm of your hand faces you.
Then turn your lower arm back so the back of your hand faces you.

Wrist and Finger Exercises
For each of these exercises, you can sit up or do these while lying down. Your caregiver should support your wrist and hand.

Hold your elbow at your side with your hand in front of you.
Bend your wrist moving your palm away from you.
Then bend your wrist to bring your palm towards you.
☐ Make a tight fist and then straighten your fingers.

☐ Take your thumb across your palm until it touches the base of your little finger. Return to the start position and then repeat.

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.