



# Range of Motion

## *Self-exercise program*

These 10 exercises will help prevent further injuries to your upper body and increase your strength and the range of motion in your arms. They will make your daily living activities easier to do.

Do each of these exercises:

\_\_\_\_\_ times

\_\_\_\_\_ times a day

### Exercise #1

Shrug your shoulders. You may need to help your affected side by cupping your hand underneath your elbow on that side and pushing that elbow straight up to raise your upper arm and shoulder.



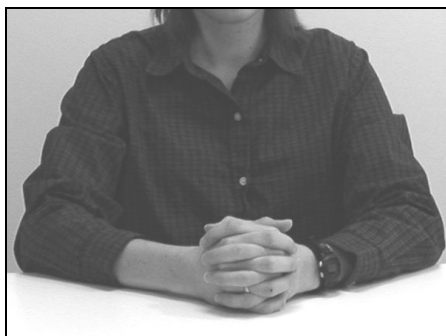
Beginning



End

### Exercise #2

Sit on a chair in front of a table. Place a small towel on the table. Interlock your fingers together. Place your hands on the towel and slide your hands as far forward as you can, straightening both arms. The towel will move forward with your arms.



Beginning



End

**Exercise #3**

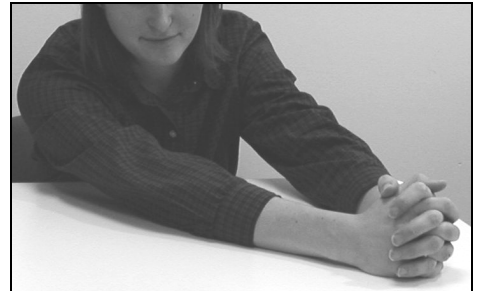
Position yourself as you did for Exercise #2. Keep your fingers locked and your hands on the towel. Slide your hands in a big circular pattern on the table in a clockwise direction. Next, slide them in a counterclockwise direction. The towel will move with your arms.



Beginning



Middle



End

**Exercise #4**

Interlock your fingers together. With elbows straight, position your arms on your lap or on a table in front of you. Lift your arms above your head, trying to keep your elbows straight.



Beginning



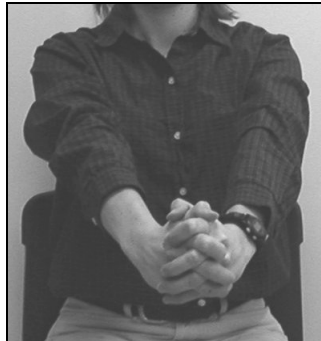
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### **Exercise #5**

Interlock your fingers together. Place your hands at chest level, with your elbows bent. Straighten out your arms in front of you, and then lower them until your hands are at the level of your belly button.



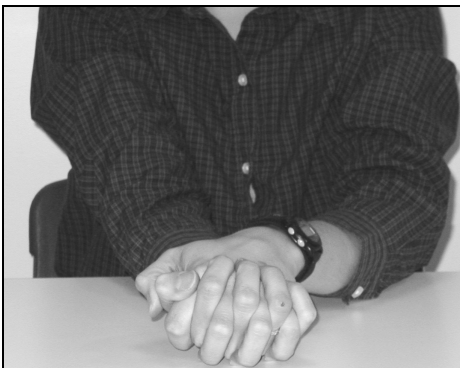
Beginning



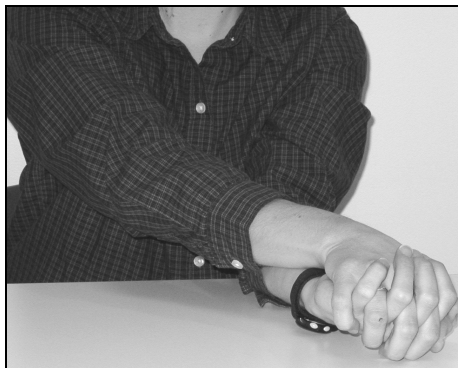
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### **Exercise #6**

Sit with your arms in front of you, keeping your elbows bent. Interlock your fingers together with your thumbs up. Slowly roll your hands back and forth, one over the other.



Beginning



End

**Exercise #7**

Interlock your fingers together in front of you with your thumbs up. Keep your elbows bent at your sides. Move your wrists toward you and then away from you without moving your arms.



Beginning



End

**Exercise #8**

Interlock your fingers together in front of you with your thumbs up. Keep your elbows bent. Bend your affected wrist back and forth, using your unaffected hand to help.



Beginning



End

## Questions?

Call 206-598-4830

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Occupational Therapy:  
206-598-4830

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### Exercise #9

Use your unaffected hand to make a fist out of your affected hand. Then, open the fingers of your affected hand with your other hand until your fingers are straight. Repeat with the other side.



Beginning



End

### Exercise #10

With one hand, hold the thumb of your affected hand with your unaffected hand. Then, move it across that hand to the base of your little finger. Repeat with the other side.



Beginning



End

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