Range of Motion Exercises
For shoulder, arm, and hand

Your therapist will teach you these exercises you can do at home. These exercises will help you gain flexibility in your affected hand, wrist, arm, and shoulder.

Exercise #1
1. Hold a sponge in your _________ hand, as shown.
2. Squeeze the sponge as firmly as you can.
3. Hold for ____ seconds.
4. Repeat this exercise ____ times, _____ times a day.

Exercise #2
1. Bend your _________ wrist up (backward).
2. Hold for ____ seconds.
3. Bend your wrist down.
4. Hold for ____ seconds.
5. Repeat this exercise ____ times, _____ times a day.

Exercise #3
1. Turn your palm up.
2. Hold for ____ seconds.
3. Turn your palm down.
4. Hold for ____ seconds.
5. Repeat this exercise ____ times, _____ times a day.
Questions?

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.

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Exercise #4

1. Bend your elbow.
2. Hold for ____ seconds.
3. Straighten your elbow.
4. Hold for ____ seconds.
5. Repeat this exercise ____ times, _____ times a day.

Exercise #5

1. Stand behind a chair, as shown. Place your ________ hand on the back of the chair, and let your ________ hand hang down.
2. Sway your whole body slowly forward and back, letting your arm swing forward and back. Use only your body movement to move your arm. Do not use your arm muscles or let your arm get tense.
3. Repeat, but sway side to side, letting your arm swing side to side.
4. Repeat, but sway in a circle, letting your arm move in circles, first one way and then the other way.
5. Repeat this exercise ____ times, _____ times a day.

Exercise #6

1. Lie on your back with your arms relaxed and down at your sides.
2. Raise your ________ arm up overhead as far as you can.
3. Hold for ____ seconds, then slowly bring your arm back to your side.
4. Repeat this exercise ____ times, _____ times a day.

Exercise #7

1. Lie on your back with your elbows bent at a right angle (90 degrees). Hold a stick above you.
2. Hold the stick steady with your ________ hand and move your ________ arm to the ____________. Do not let your elbows move away from your body.
3. Hold for ____ seconds.
4. Repeat this exercise ____ times, _____ times a day.