

# Assisted Range of Motion Exercises

## Step-by-step instructions using "SAM"

*This handout gives step-by-step instructions for 16 exercises to increase your range of motion. The instructions describe the correct motions and body position needed to do the exercises safely. Please remind the person helping you to use careful movements, and not to hurt their back.*

Do each of these exercises: \_\_\_\_ times, \_\_\_\_ times a day.

## What does SAM stand for?

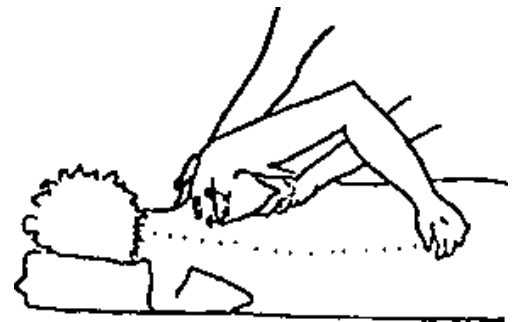
The letters S-A-M are used for each of the exercises in this handout. They stand for:

- **S:** Your **STARTING** position
- **A:** Your **ATTENDANT'S** (helper's) position
- **M:** The **MOVEMENT** involved in the exercise

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### Exercise #1: Scapular Circumduction

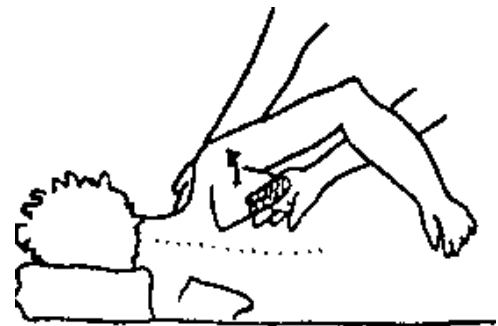
- S:** Lie on your side, with your top arm resting on your hip or behind your back.
- A:** Your attendant cups the front of your shoulder with 1 hand, then places their other hand so the web of their thumb meets with the angle of your shoulder blade.
- M:** Your attendant moves both hands in a circle in the same direction. This rolls your shoulder blade slowly in a large circle.



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### Exercise #2: Scapular Protraction

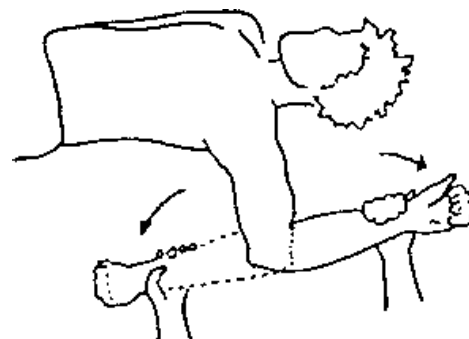
- S:** Lie on your side, with your top arm resting on your hip or behind your back.
- A:** Your attendant cups the front of your shoulder with 1 hand, then places their other hand so their baby finger is next to your shoulder blade.
- M:** Your attendant pushes back on the front of your shoulder. At the same time, they slide their other hand under your shoulder blade, lifting away from your back.



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### Exercise #3: Shoulder rotation

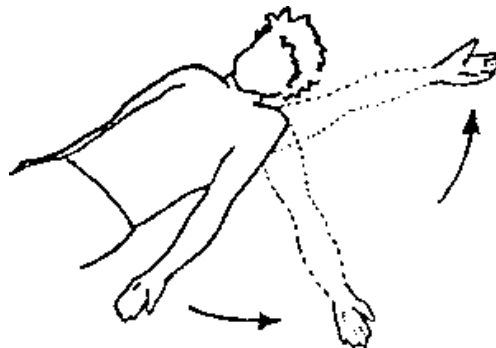
- S:** Lie on your back, with your arm out from your side at about 45 degrees, with your elbow bent at a right angle.
- A:** Your attendant cups your elbow with 1 hand and uses their other hand to support your wrist and hand.
- M:** Your attendant holds your elbow in place and moves your forearm toward the head of the bed, and then toward the foot of the bed. Keep your elbow bent at a right angle.



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### Exercise #4: Shoulder abduction

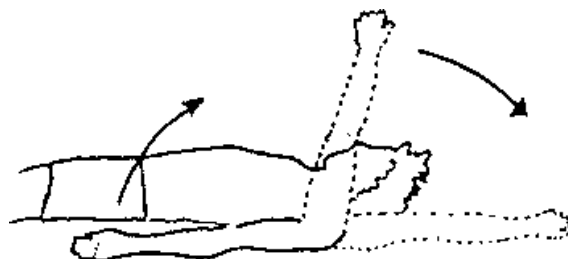
- S:** Lie on your back with your arm at your side.
- A:** Your attendant supports your hand and wrist with 1 hand and cups your elbow with their other hand.
- M:** Bring your arm out to your side and up to your head, as if you were doing jumping jacks.



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### Exercise #5: Forward flexion

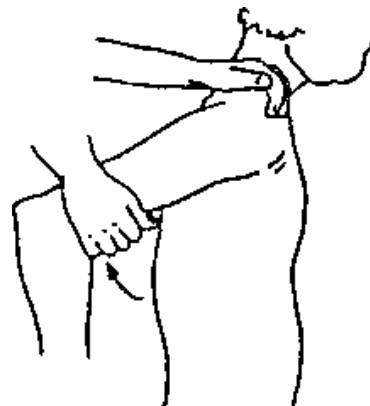
- S:** Lie on your back with your arm at your side and your palm up.
- A:** Your attendant supports your wrist and hand with 1 hand and the back of your elbow with their other hand.
- M:** Bring your arm back behind you.



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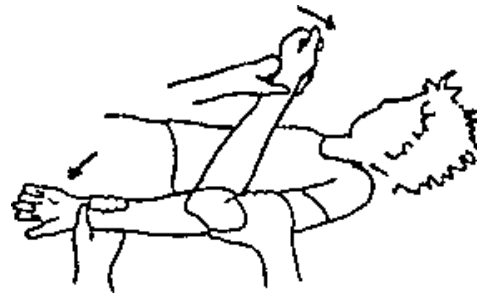
### Exercise #6: Shoulder extension

- S:** Sit in your chair or lie on your side in bed.
- A:** Your attendant holds your shoulder in place with 1 hand and cups your arm near your elbow with their other hand.
- M:** Bring your arm back behind you, as if you were going to reach into your rear pocket.



### Exercise #7: Elbow flexion and extension

- S:** Lie on your back with your arm at your side and your palm up.
- A:** Your attendant supports your wrist and hand with 1 hand and holds your upper arm in place with their other hand.
- M:** Fully straighten your arm at your side, then bend your elbow, bringing your hand up to your shoulder.



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### Exercise #8: Supination and pronation

- S:** Lie on your back with your arm at your side. Bend your elbow at a 90-degree angle.
- A:** Your attendant supports your wrist and hand with 1 hand and holds your arm just above your elbow with their other hand.
- M:** Rotate your hand so that your palm faces up, then turn your hand so your palm faces down.

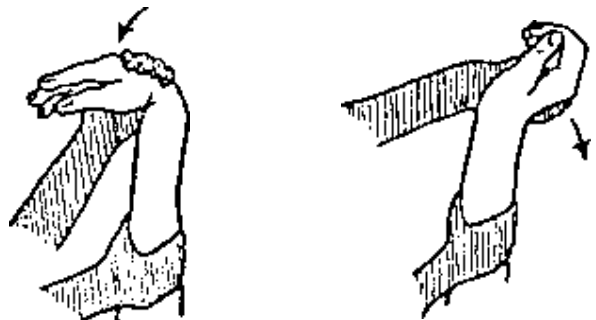


*Repeat this exercise with your elbow straight.*

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### Exercise #9: Wrist flexion and extension

- S:** Sit, stand, or lie down. Relax your wrist and fingers.
- A:** Your attendant supports your forearm with 1 hand and holds your palm with the other hand. Be sure that your fingers are free to move.
- M:** Bend your wrist forward. Let your fingers straighten, keeping them relaxed. Then bend your wrist back. Allow your fingers to curl naturally. Be sure that your attendant's hand and fingers do not get in the way of you being able to curl your fingers.



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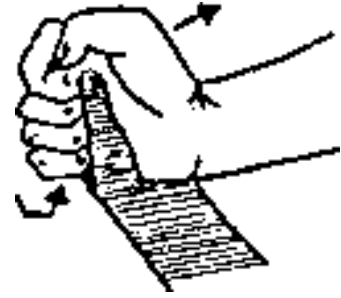
### Exercise #10: Wrist deviation

- S:** Sit, stand, or lie down. Keep your wrist in line with your arm.
- A:** Your attendant supports your hand with 1 hand and holds your forearm with their other hand.
- M:** Move your hand from side to side. Do not let your wrist bend back or forward.



### Exercise #11: Finger flexion

- S:** Sit, stand, or lie down. Keep your fingers relaxed, and your wrist bent up.
- A:** Your attendant supports your hand and wrist with their hand.
- M:** Gently curl your fingers toward your palm. Be sure to keep your wrist bent back.



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### Exercise #12: Finger extension

- S:** Sit, stand, or lie down. Keep your wrist and fingers relaxed.
- A:** Your attendant supports your forearm with 1 hand, keeping your wrist down. Their other hand cups your fingertips.
- M:** Keep your wrist bent forward and straighten your fingers. Tip: The movement should come from your knuckles and finger joints, not from your wrist.



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### Exercise #13: Finger abduction

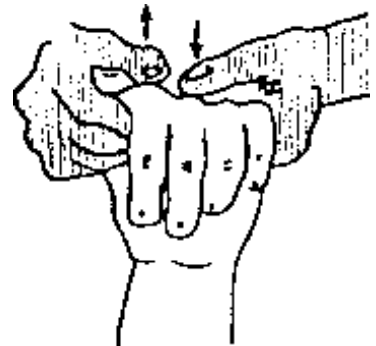
- S:** Sit, stand, or lie down. Keep your wrist straight and your fingers and thumb relaxed.
- A:** Your attendant holds your adjacent fingers straight.
- M:** Spread your fingers apart.



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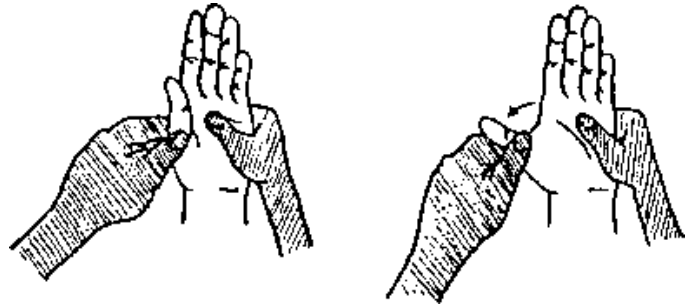
### Exercise #14: Hand mobilization

- S:** Sit, stand, or lie down. Keep your palm down and your thumb and fingers relaxed.
- A:** Your attendant cups your hand with both of their hands. Their right thumb and index finger holds 1 knuckle, and their left thumb and index finger holds the next knuckle over.
- M:** Your attendant gently pushes down on the knuckle with 1 hand while the other hand pushes up, then reverses the motion. This is done on each of the knuckles of your hand.



### Exercise #15: Thumb abduction and extension

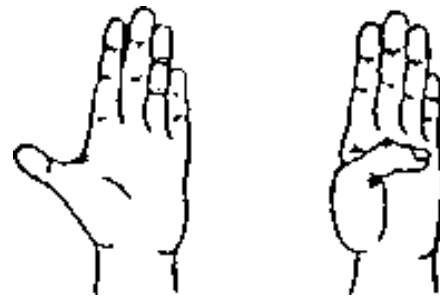
- S:** Sit, stand, or lie down. Keep your palm up and your thumb and fingers relaxed.
- A:** Your attendant holds your palm with 1 hand and grasps the base of your thumb with their other hand. The tip of their thumb will be at the base of your thumb.
- M:** Extend your thumb away from your palm as if you were hitchhiking.



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### Exercise #16: Thumb opposition

- S:** Sit, stand, or lie down. Keep your palm up and your thumb and fingers relaxed.
- A:** Your attendant holds your thumb over the nail.
- M:** Touch the tip of your thumb to the base of your little finger.



### Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.