

# 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.
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). Hold for \_\_\_\_\_ seconds.
2. Bend your wrist down. Hold for \_\_\_\_\_ seconds.
3. Repeat this exercise \_\_\_\_\_ times, \_\_\_\_\_ times a day.



## Exercise #3

1. Turn your palm up. Hold for \_\_\_\_\_ seconds.
2. Turn your palm down. Hold for \_\_\_\_\_ seconds.
3. Repeat this exercise \_\_\_\_\_ times, \_\_\_\_\_ times a day.



## Exercise #4

1. Bend your elbow. Hold for \_\_\_\_\_ seconds.
2. Straighten your elbow. Hold for \_\_\_\_\_ seconds.
3. Repeat this exercise \_\_\_\_\_ times, \_\_\_\_\_ times a day.



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## Exercise #5

1. Stand behind a chair, as shown. Place your
2. hand on the back of the chair and let your \_\_\_\_\_ hand hang down.
3. 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.
4. Repeat, but sway side to side, letting your arm swing side to side.
5. Repeat, but sway in a circle, letting your arm move in circles, first one way and then the other way.
6. Repeat this exercise \_\_\_\_\_ times, \_\_\_\_\_ times a day.



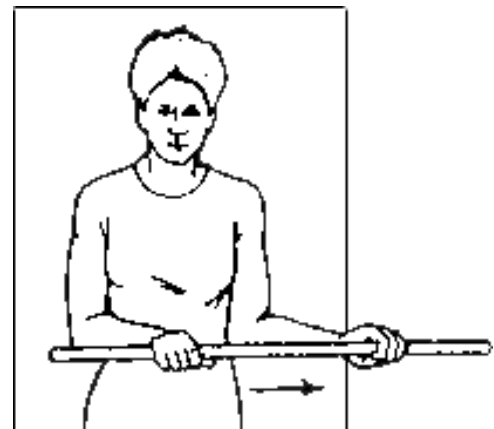
## Exercise #6

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. Hold for \_\_\_\_ seconds.
3. 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,
5. \_\_\_\_\_ times a day.



### Questions?

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