

Date Given: \_\_\_\_\_ Client Name \_\_\_\_\_ D.O.B: \_\_\_\_\_

## Upper Extremity Active Ranging & Strengthening Exercise Home Program

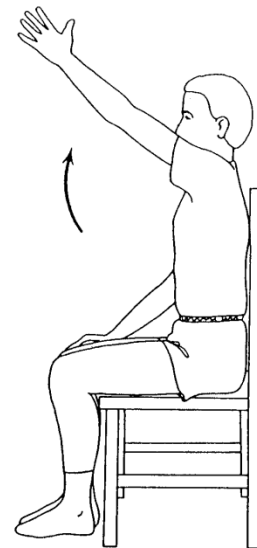
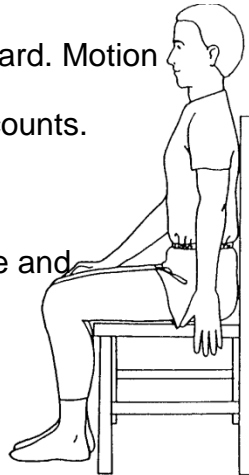
Please ONLY perform the exercises that are ticked!

**Shoulder Flexion:** Raise arm/s forward and upward. Motion must be slow and smooth. Hold end range for 5 counts.

Repeat 5-10 times.

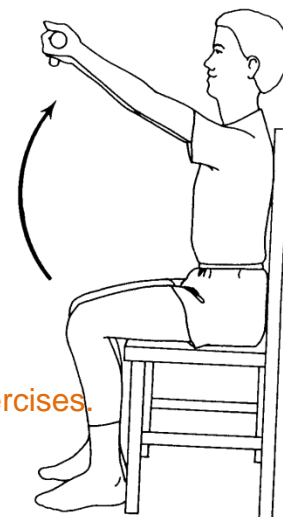
**Shoulder Abduction:** Raise arm/s out to the side and up to ears. Motion must be slow and smooth.

Hold end range for 5 counts. Repeat 5-10 times.



**Shoulder Flexion:** Raise arm/s forward and upward holding onto a pole. Motion must be slow and smooth. Hold end range for 5 counts.

Repeat 5-10 times.



NOTE: Client can be either lying, sitting or standing for the above exercises.

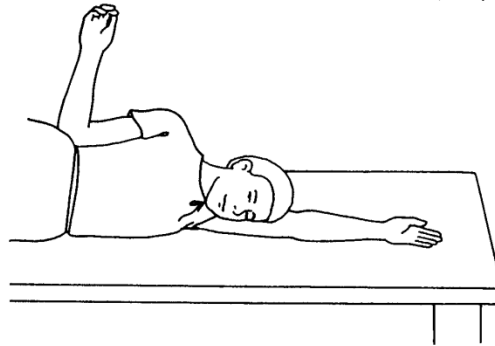
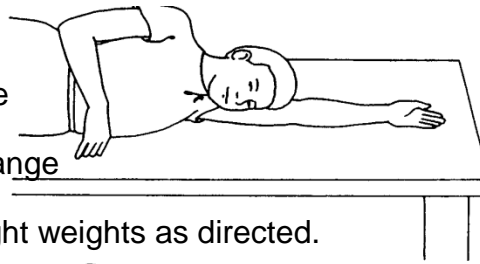
Progress to use of light weights as directed.

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## **Shoulder Internal & External Rotation:**

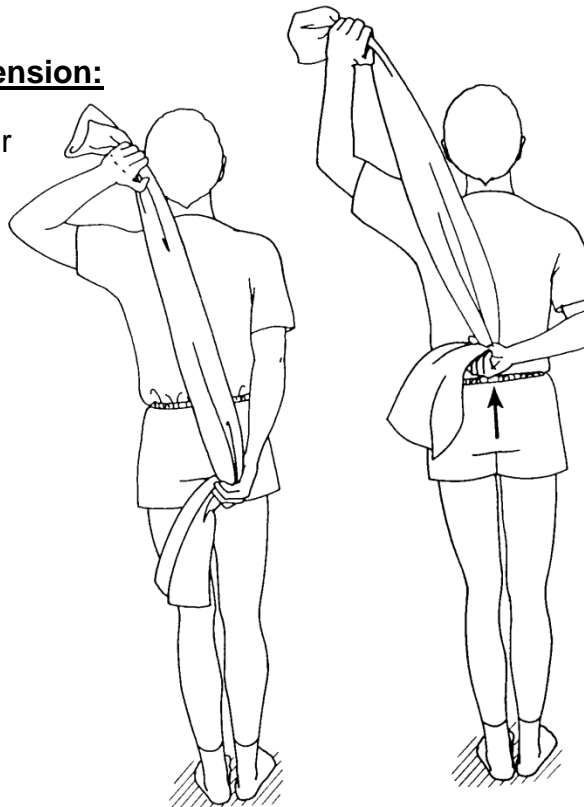
Keep elbow bent and raise forearm upward while side lying. Motion must be gentle and smooth. Hold end range

for 5 counts. Repeat 5-10 times. Progress to using light weights as directed.



## **Shoulder Flexion/abduction and Elbow Extension:**

Perform this action when drying after bathing or showering routine. Switch hands half way through the routine.



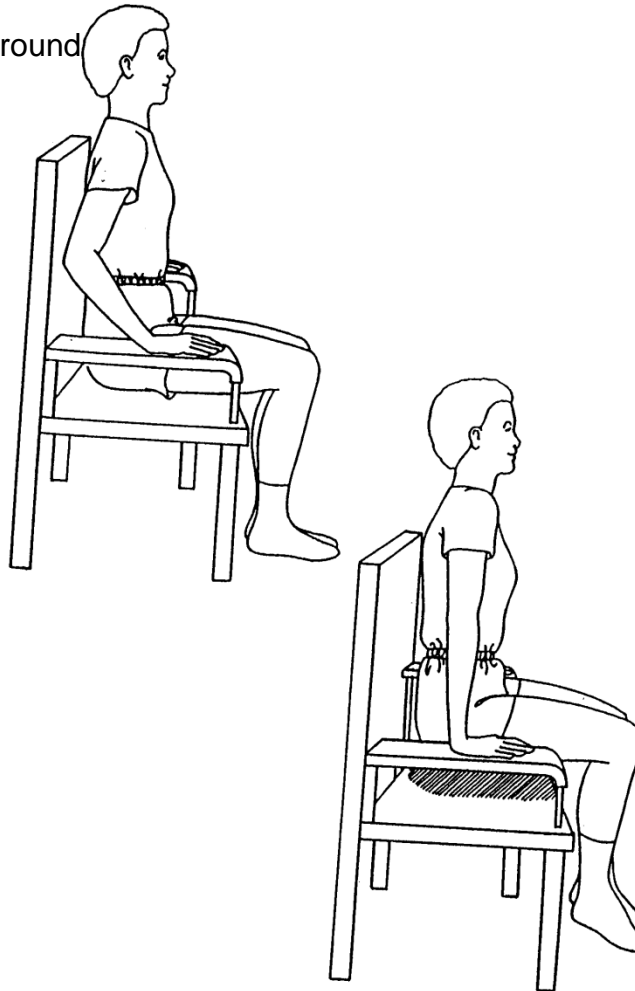
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**Elbow Flexion:**

Perform bicep curls with or without light weights as directed. Perform either unilaterally or bilaterally. Repeat 5-10 times.

**Elbow and Wrist Extension:**

Perform chair push-ups. Lift feet off the ground as push-up. Repeat 5-10 times.

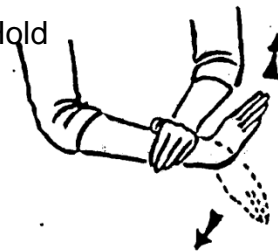


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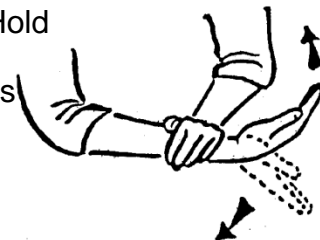
**Forearm Supination:** Rotate forearm to face palm upwards. Hold position for 5 counts. Repeat 5-10 times. Progress to light weights as directed.



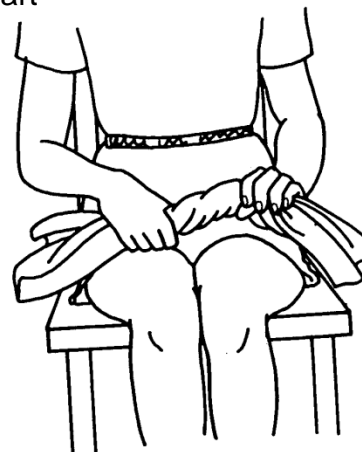
**Wrist Extension:** Raise wrist upwards while forearm is stabilized. Hold position for 5 counts. Repeat 5-10 times. Progress to light weights as directed.



**Wrist Flexion:** Raise wrist downwards while forearm is stabilized. Hold position for 5 counts. Repeat 5-10 times. Progress to light weights as directed.



**Wrist Flexion and Extension:** Wring out cloth or sponge as part of daily bathing/showering routine.



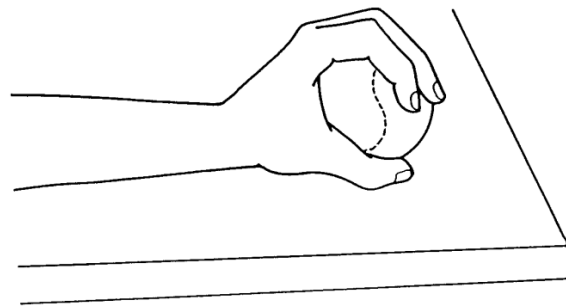
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**Finger and Thumb Flexion/Extension:** Make a fist either unilaterally or bilaterally.

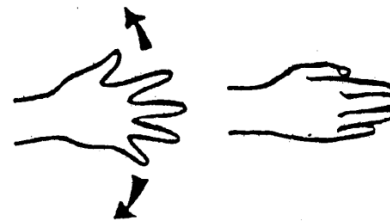
Squeeze tightly, relax and extend fingers out. Repeat 5-10 times.



The same action can be performed using a sponge/"nerf" ball.



**Finger Abduction and Adduction:** Spread out fingers and then close. Repeat 5-10 times.



**Finger Extension:** Raise each finger. Repeat 5-10 times.



**Thumb/Finger Opposition:** Perform thumb to finger movement with each finger.

Maintain a rounded posture of finger and thumb. Repeat twice with each finger.

