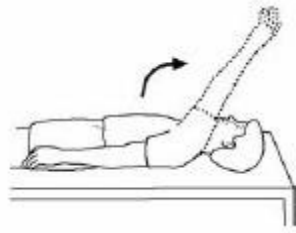


UPPER EXTREMITY ACTIVE RANGE OF MOTION EXERCISES

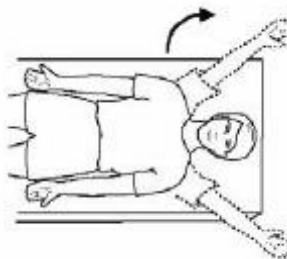
- All exercises are to be done slowly with a count of 4 in each direction
- Repeat each checked exercise 10 times

SHOULDER (supine)

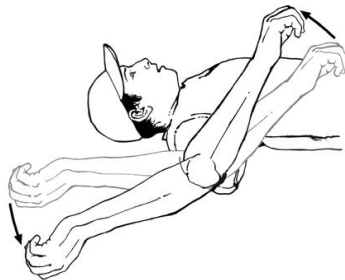
1. **Flexion/Extension:** Lift arm straight up and over head, keeping the elbow straight. Return to starting position at side.



2. **Abduction/Adduction:** Lift the arm sideways and up over head, keeping the elbow straight. Return to starting position at side.



3. **Internal/External Rotation:** With elbow bent to 90° and arm out to side even with the shoulder, rotate hand upward as far as possible, then roll hand downward as far as possible (Keep your shoulder against the table surface).

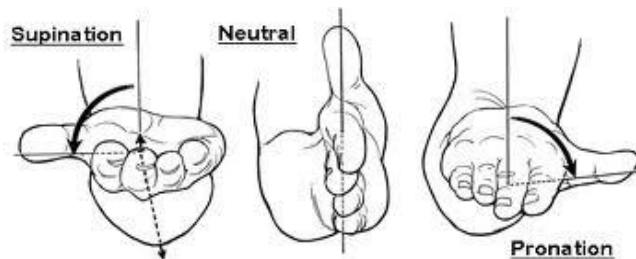


ELBOW

1. **Elbow flexion/extension:** (Start with your arm down at your side) Bring hand to shoulder then return to starting position with elbow straight.



2. **Supination/Pronation:** Elbow bent and at side with hand toward front and handshake grasp, turn palm up and palm down.



WRIST

1. **Wrist flexion/extension:** Position your forearm on a table surface with your hand over the edge. Bring your hand with your palm facing down, then extend your wrist with your hand in an upwards position.

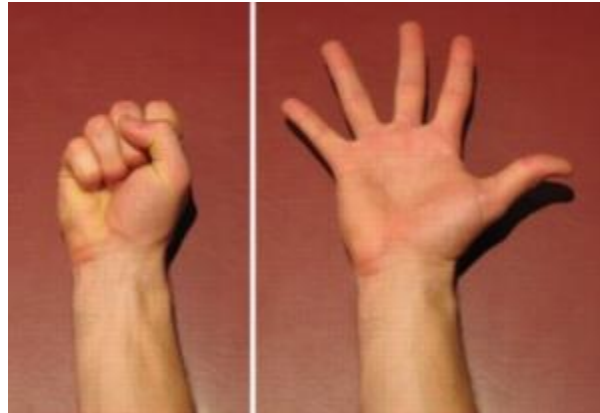


2. **Radial/Ulnar Deviation:** Wrist straight with palm facing down over a table move hand toward the thumb side, then toward little finger side.



FINGERS

1. **Flexion/extension:** Make a full tight fist, then fully straighten fingers and thumb and spread them apart.



2. **Thumb Opposition:** Bring thumb across the palm and oppose the tip of each finger forming a circle shape between the thumb and finger. Then spread fingers and thumb wide apart and repeat..



Therapist: _____ Date: _____