

Exercise Checklist



Always consult or ask your physician or therapist before starting any exercise program

Upper Extremity Passive Range of Motion (PROM)

Ask your therapist if exercises should be completed lying down or seated in a chair

- Shoulder Flexion
- Chest press
- Bicep curls
- Supination/Pronation
- Finger flexion/extension
- Thumb Movements (flexion/extension, abduction/adduction)

Active Assistive Range of Motion (AAROM) with towel

Completed seated at table

- Forward Flexion
- Shoulder Horizontal Abduction/Adduction
- External Rotation
- Circles / Figure 8

Dowel Exercises

Ask your therapist if exercises should be completed lying down or seated

- Shoulder Flexion
- Shoulder Horizontal Abduction/Adduction
- Chest Press
- Bicep Curls

Upper Body Strengthening

- Shoulder Flexion
- Shoulder Abduction
- Elbow Flexion
- Elbow Extension
- External Rotation

Forearm and Wrist Strengthening

- Wrist Flexion
- Wrist Extension
- Radial/Ulnar Deviation
- Supination/Pronation

Seated Core Exercises

- Weight shift forward and backward
- Weight shift side to side
- Knee raises
- Seated crunch
- Seated twist

Lower Body Strengthening / Cardio

- Heel slides
- Seated marching
- Knee extension
- Sit to stands
- Side hip raises
- Squats
- Hip extension