

Shoulder Exercises

The following shoulder exercises may also be done sitting in a chair, scooter or wheelchair with back support.

Shoulder Flexion — This Is Similar to Raising Your Hand in Class

Instructions to Helper

Starting position: Person lying on back, arm at side, palm down. Place one hand under shoulder to stabilize it. Position the thumb of that hand on top of shoulder, to monitor the joint movement. With other hand, hold the wrist.



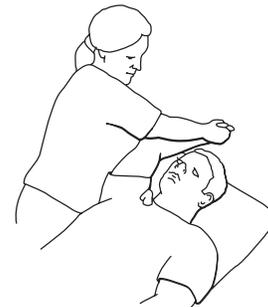
Step 1: Keep the elbow straight and lift arm until hand points to the ceiling, with palm toward the center of the body.



Step 2: Continue to move the arm back until it rests on the bed next to the person's head, or until you meet resistance. The arm may be bent at the elbow if the headboard of the bed will not permit the arm to be carried all the way back.

Hold 30–40 seconds.

Return to the starting position, rest, then repeat 2–3 times.



Shoulder Exercises

The following shoulder exercises may also be done sitting in a chair, scooter or wheelchair with back support.

Shoulder Abduction — This Is Similar to a One-armed Jumping Jack

Instructions to Helper

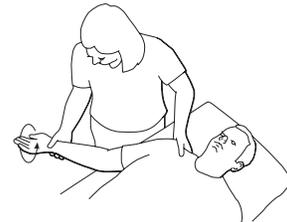
Starting position: Person lying on back, arm at side. Place one hand under shoulder to stabilize it. Position thumb of that hand on top of shoulder, to monitor the joint movement. With other hand, hold the wrist.



Step 1: Keep the elbow straight and move arm out, away from the body.



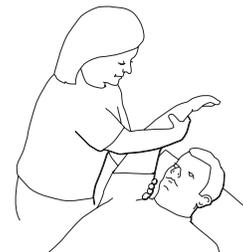
Step 2: Rotate the arm so that the person's palm faces up.



Step 3: Continue moving the arm back until it rests on the bed next to the person's head, or until you meet resistance. The arm may be bent at the elbow if the headboard of the bed will not permit the arm to be carried all the way back.

Hold for 30-40 seconds.

Return to the starting position, rest, then repeat the exercise 2–3 times.



Shoulder Exercises

The following shoulder exercises may also be done sitting in a chair, scooter or wheelchair with back support.

Shoulder Rotation

Instructions to Helper

Starting position: Person lying on back. Arm is positioned out to the side even with shoulder. Place one hand under shoulder with thumb of that hand on top of shoulder. With other hand, hold wrist, making sure the elbow rests on the bed and forearm points up.



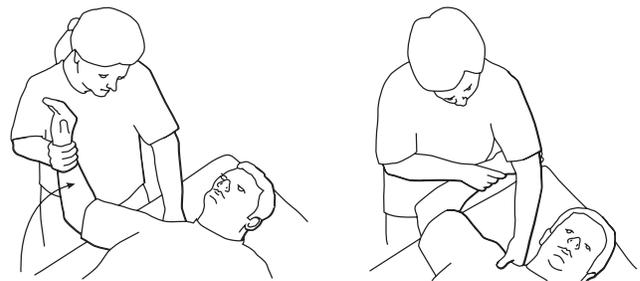
Step 1: With your hand on the wrist, keep person's elbow bent and slowly move forearm down, palm down, until it rests on the bed, or you meet resistance. (Note: The hand may not touch the bed in one or both directions.)

Hold for 30–40 seconds, then return to the starting position.



Step 2: With your hand still on the wrist, slowly move the forearm back, palm up, until it rests on the bed, or you meet resistance.

Hold for 30–40 seconds. Return to the starting position, rest, then repeat the exercise 2–3 times.



Shoulder Exercises

The following shoulder exercises may also be done sitting in a chair, scooter or wheelchair with back support.

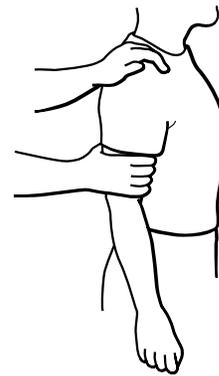
Be sure to read the caution below before doing this exercise.

Shoulder Extension

Instructions to Helper

Starting position: Person lies on one side or sits in a chair.

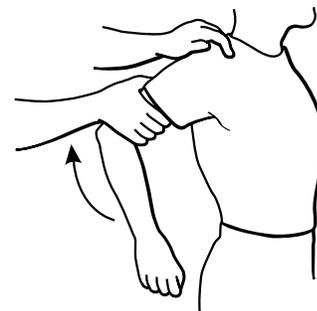
Step 1: Stabilize shoulder with one hand and cup arm just above the elbow with the other.



Step 2: Move arm straight back, allowing forearm to dangle.

Hold for 30-40 seconds, then move arm back to starting position. Repeat 2–3 times.

Repeat exercise with other arm.



CAUTION: SHOULDER EXTENSION

Please go very gently with this stretch and ask the person you are helping to tell you if she or he feels any discomfort. Stop if this happens.

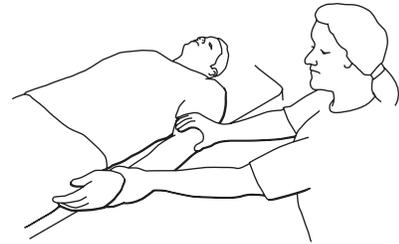
Elbow & Forearm Exercises

The following elbow and forearm exercises may also be done sitting in a chair, scooter or wheelchair with back support.

Elbow Flexion and Extension

Instructions to Helper

Starting position: Person lies on back, arms at sides, palms turned toward body. Hold wrist and hand with one hand and stabilize the elbow with your other hand.



Step 1: Gently raise hand as close to the shoulder as possible, keeping elbow and upper arm on the bed. Return to starting position.

Repeat 2–3 times.

Repeat exercise with other arm.



Elbow & Forearm Exercises

The following elbow and forearm exercises may also be done sitting in a chair, scooter or wheelchair with back support.

Forearm Rotation

Instructions to Helper

Starting position: Person lies on back, arms at sides, palms turned toward body. Hold wrist and hand with one hand and stabilize the elbow with your other hand.



Step 1: Gently raise hand as close to the shoulder as possible, keeping elbow and upper arm on the bed. Return to starting position.

Repeat 2–3 times.

Repeat exercise with other arm.



Hand & Wrist Exercises

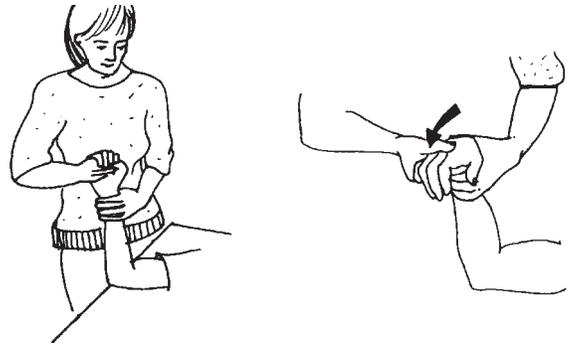
The following hand and wrist exercises may also be done sitting in a chair, scooter or wheelchair with back support.

Wrist Range of Motion

Instructions to Helper

Starting position: Person lying on back, arm out from shoulder, elbow bent, hand pointing toward the ceiling. Hold person's hand with one hand and hold wrist with your other hand.

Step 1: Bend wrist forward as far as possible or comfortable without pain.



Step 2: Bend wrist back as far as possible or comfortable without pain.

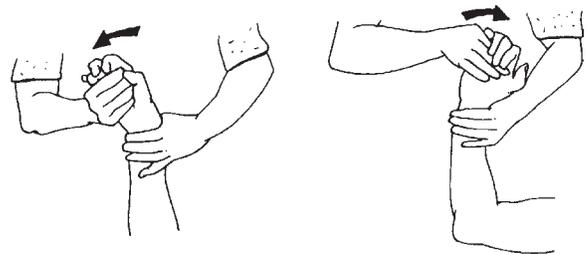


Step 3: Return to starting position.

Step 4: Bend wrist sideways as far as possible or comfortable without pain in the direction of the little finger.

Step 5: Bend wrist sideways as far as possible or comfortable without pain in the direction of the thumb.

Return to starting position, rest, then repeat the exercise 2–3 times.



Hand & Wrist Exercises

The following hand and wrist exercises may also be done sitting in a chair, scooter or wheelchair with back support.

Hand Mobilizations

Instructions to Helper

Hold the hand by the knuckles and gently push up with one hand and down with the other. This will glide the hand bones past each other to stretch the palm.



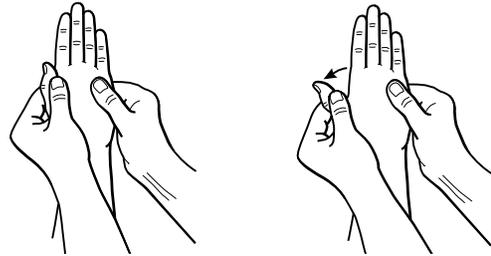
Repeat 2–3 times.

Thumb Range of Motion

Instructions to Helper

Holding the hand and thumb, move thumb in and out to side.

Repeat 2–3 times.

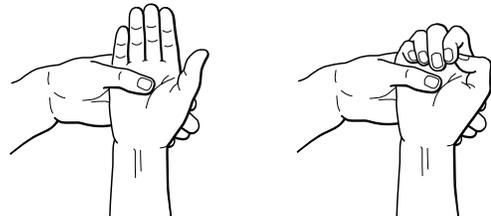


Finger Flexion and Extension

Instructions to Helper

Hold the hand to stabilize the wrist. Fold fingers forward; try to get all the joints to bend. Then return to the straight position.

Repeat 2–3 times.



Trunk & Hip Exercises

Hip Abduction

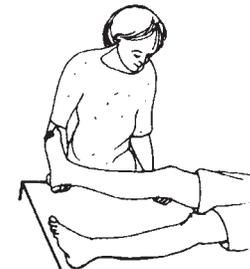
Safety Tip for Helper

Be careful not to bend too far over the person. Adjust the bed height if able, or place your knee on the bed to lend yourself more support.

Starting position: Person lying on back. Place one hand under the knee, and cup the heel with your other hand.



Step 1: Keep the knee straight and lift the leg so that the heel is about 4 inches above the bed.



Step 2: Bring the leg outward toward you. Take a small step back; don't try to lean back.

Hold 30–40 seconds.

Return to the starting position, rest, then repeat the exercise 2–3 times.

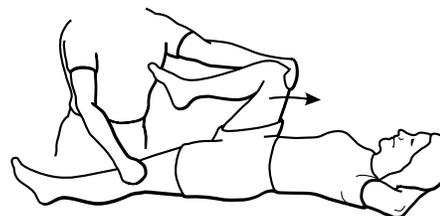


Trunk & Hip Exercises

Single Knee to Chest

Instructions to Helper

Starting position: Person lying on back. Helper bends hip and knee toward chest. If uncomfortable, the straight leg may be bent at knee with foot on floor. Helper should stabilize straight leg to get hip extension stretch by placing one hand on knee.



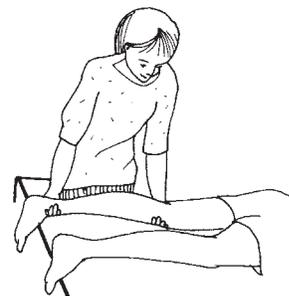
Hold for 30–40 seconds.

Repeat 2–3 times per leg.

Hip Extension

Instructions to Helper

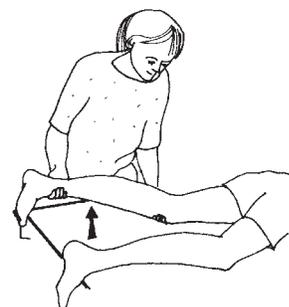
Starting position: Person lying on stomach, leg straight. Slide your hand under the leg just above the knee, and place your other hand under the lower leg just above the ankle.



Step 1: Keep the knee straight and lift the leg straight up so that the knee is about 4–6 inches above the mattress.

Hold for 30–40 seconds.

Return to the starting position, rest, then repeat the exercise 2–3 times per leg.



Trunk & Hip Exercises

Knee Flexion

Instructions to Helper

Starting position: Person lying on stomach, legs straight. Helper slowly lifts at ankle to bend knee and stretch the front of the thigh. Move slowly and hold when gentle resistance is felt. Don't roll the leg in or out as this may strain the knee joint.

Hold for 30–40 seconds.

Repeat 2–3 times per leg.



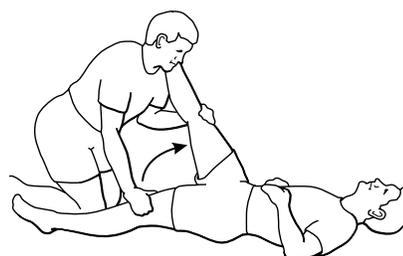
Hamstring Stretch

Instructions to Helper

Starting position: Person on back. Helper slowly raises one leg — keeping both knees straight. If uncomfortable, the straight leg may be bent at knee with foot on floor. (This may be a very small stretch if person's thigh/hamstrings are tight.)

Hold 30–40 seconds.

Repeat 2–3 times per leg.



SUGGESTION

If you are able to be transferred safely up and down from the floor, working on a mat is another alternative to the bed.

Trunk & Hip Exercises

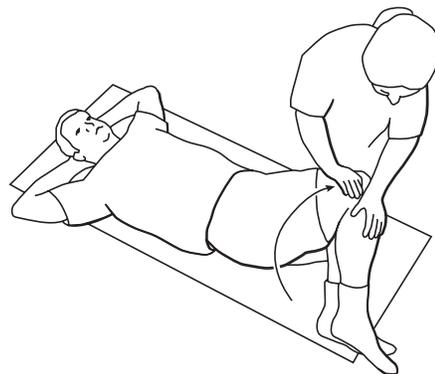
Low Trunk Rotation

Instructions to Helper

Starting position: Person on back, looking up. Arms may be as shown or lying at the sides with knees up and feet flat on bed. Helper slowly rolls knees to one side, back up to starting position, then to the other side. The goal is to stretch the trunk and hips, not to touch the knees to the bed.

Hold for 30–40 seconds.

Repeat 2–3 times per leg.



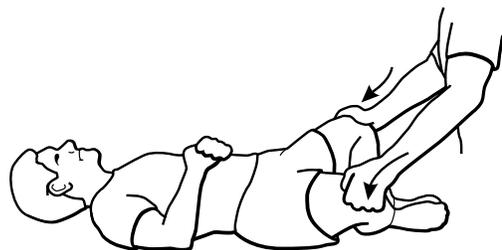
Hip Adductor Stretch

Instructions to Helper

Starting position: Person on back with knees bent up and feet flat. Helper slowly spreads knees apart. Let gravity do the work if possible; otherwise, gently apply pressure to inside of knees. Move hands to outside of knees and slowly return to the starting position.

Hold for 30–40 seconds.

Repeat 2–3 times.



Ankle & Foot Exercises

Be sure to read the caution below before doing this exercise.

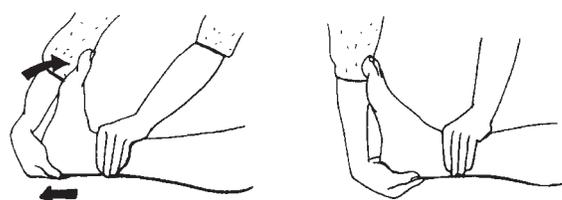
Ankle Dorsi Flexion and Plantar Flexion

Instructions to Helper

Starting position: Person lying on back. Cup the heel with one hand, your forearm resting against the ball of the foot. Steady the ankle by placing your other hand on the leg just above the ankle.

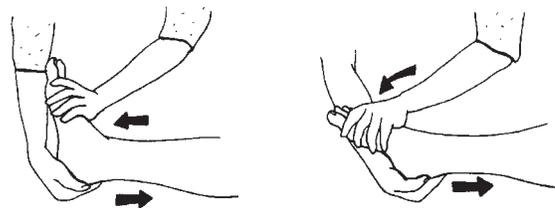


Step 1: Press your arm against the ball of the foot (not the toes), bringing the foot up. At the same time, pull the heel of the foot forward.



Step 2: Relax your arm and hand and return to the starting position.

Steps 3 and 4: Slide your hand up to the top of the foot (just below the toes), pressing the forefoot down. At the same time, push against the heel with the cupping hand. Hold 5–10 seconds being careful not to cause a spasm.



Return to the starting position, rest, then repeat the exercise 2–3 times.

CAUTION: ANKLE DORSI FLEXION AND PLANTAR FLEXION

While you are doing ankle stretches, it is important to keep the knee slightly flexed to prevent hyperextension. This can be done by placing a rolled towel or a small pillow under the knee of the leg you're stretching. Stretch slowly to prevent muscle spasm, and if you feel one starting, stop the exercise.

Ankle & Foot Exercises

Ankle Eversion and Inversion

Instructions to Helper

Starting position: Person lying on back. Grasp person's forefoot with one hand, palm of your hand against ball of foot. Hold the ankle firmly with your other hand.



Step 1: Turn the foot in so that the sole faces toward the other foot.



Step 2: Return to the starting position.



Step 3: Turn the foot out so that the sole faces away from the other foot.

Hold 5–10 seconds being careful not to cause a spasm.

Return to the starting position, rest, then repeat the exercise 2–3 times.



Ankle & Foot Exercises

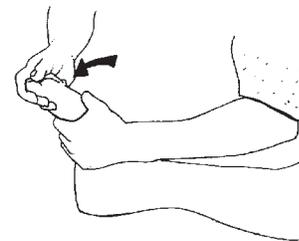
Toe Flexion and Extension

Instructions to Helper

Starting position: Person lying on back. Grasp the toes with one hand. Grasp the foot firmly with your other hand.



Step 1: Curl the toes down.



Step 2: Straighten the toes and gently stretch them back.

Hold 5–10 seconds being careful not to cause a spasm.

Return to the starting position, rest, then repeat the exercise 2–3 times.

