

Upper Limb exercises

Information and exercises for patients

Author: Orthopaedic Therapy Team
Date: July 2014
Review date: July 2016
Version: 2

Therapy Services

Patient Information

Exercises:

1. Scapular setting

- Gently pull your shoulder blades back and down towards each other.
- Repeat x.....



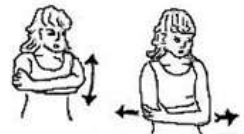
2. Pendulum exercises

- Support your body weight with your other hand on a firm surface. Gently swing your arm forwards and back and across your body.
- Repeat x.....



3. Active assisted exercises

- Fold your arms and place the painful arm on top
 - Use your good arm to help raise the affected arm up as far as comfortable then slowly lower
 - Take arms across your body and out to the side
- Repeat x.....



4. Elbow flexion

- Gently bend then straighten your elbow
- Repeat x.....



“Copyright PhysioTools Ltd. All rights reserved. Used with permission of PhysioTools Ltd.”

Therapy Services

Patient Information

5. Supination/pronation

- With your elbow bent at a right angle by your side
- Rotate your forearm so that your palm is facing the ceiling and then the floor

Repeat x.....



6. Wrist flexion/extension

- Move your wrist forward and back

Repeat x.....



7. Finger flexion/extension

- Bend your fingers to make a fist and then straighten them out as much as possible

Repeat x.....



8. Thumb opposition

- Using your thumb, try to touch each of your fingertips in turn

Repeat x.....



“Copyright PhysioTools Ltd. All rights reserved. Used with permission of PhysioTools Ltd.”

Therapy Services

Patient Information

Contact details

If you require further advice please feel free to contact us:

Therapy Team: 01202 448179

The Health Information Centre

Poole Hospital NHS Foundation Trust
Longfleet Road
Poole
Dorset
BH15 2JB
Telephone: 01202 448003

www.poole.nhs.uk

We can supply this information in other formats, in larger print, on audiotape, or have it translated for you. Please call the Patient Advice and Liaison Service (PALS) on 01202 448499, text 07758 272495 or email pals@poole.nhs.uk for further advice.