

### **What can be done in front of the mirror?**

- Flexion and extension of the shoulder
- Flexion and extension of the elbow
- Flexion and extension of the wrist
- Flexion and extension of the fingers
- Abduction and adduction of the shoulder
- Abduction and adduction of the fingers
- Internal and external rotation of the shoulder
- Pronation and supination of the forearm
- Ulnar and radial deviation of the wrist
- Circumduction of the wrist

### **What actions can be done in front of the mirror?**

Some examples of actions:

- Squeeze and release the fist
- Open and close the hand
- Tap the fingers on the table
- Oppose (touch) each finger to the thumb one by one
- With the hand closed, try to lift each finger, including the thumb, one at a time

### **What tasks can be done in front of the mirror?**

Some examples of tasks:

- Handle objects using different types of grips, for example, make small balls of theraplast or modeling clay with the fingers, turn a cylindrical object in the hand (complex rotation), pick up beads or paper clips, put clothes pegs on the lip of a mug, insert pegs in a board, etc.
- Grasp and release objects with different textures (balls, sponges, etc.)
- Pick up and move various objects (balls, sticks, cubes, mug, glass, etc.) in different directions, for example, move an object following a sequence of movements forming a square or an 'X', put a ball in a glass and take it out, lift a glass, lift a rectangular object, place beads or pegs in a container with a small opening, insert pegs in holes in a piece of wood, transfer grains of rice from one pot to another, manipulate rings, etc.
- Turn over playing cards
- Color, connect the dots to make a drawing, copy shapes on a piece of paper
- Use different shaped stamps with an ink pad
- Handle utensils
- Wipe, clean and dust the table with cloths with different textures (scouring pad, soft sponge, silk cloth, etc.)

# RANGE OF MOTION EXERCISE PROGRAM FOR

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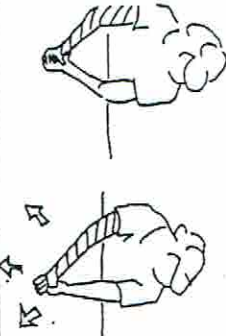
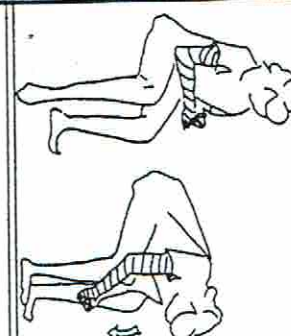

## PURPOSE OF EXERCISE PROGRAM

1. To keep the affected arm and hand from becoming stiff and painful.
2. To make putting on and removing clothing for affected arm easier.



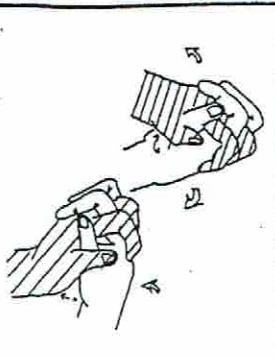
## GENERAL PROCEDURE

1. All exercises should be done \_\_\_ times daily.
2. Each exercise should be repeated \_\_\_ times, but no more.
3. Each exercise should be done SLOWLY.
4. The affected arm should always BE SUPPORTED fully.
5. All exercises should not make the arm "tighter".

# RANGE OF MOTION EXERCISE PROGRAM

EXERCISE	DESCRIPTION	REPETITIONS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<ol style="list-style-type: none"> <li>Sitting at table. Clasp hands together, interlocking fingers. Have elbows on table surface.</li> <li>SLOWLY push hands out to straighten arms:</li> <li>(a) to the right corner of the table (b) to the middle of the table (c) to the left corner of the table</li> </ol>						
	<ol style="list-style-type: none"> <li>Sitting in chair with feet flat on floor.</li> <li>Clasp hands together, interlocking fingers.</li> <li>Place clasped hands on knee and move hands down leg to ankle.</li> <li>Come back up to sitting.</li> <li>Repeat going down other leg.</li> </ol>						
	<p>Shoulder Flexion - forward upward motion of the arm</p> <ol style="list-style-type: none"> <li>Assume cradle position by grasping affected arm at elbow.</li> <li>SLOWLY lift both arm to shoulder level, but no further. Affected arm should be well supported.</li> <li>Lower arms.</li> </ol>						

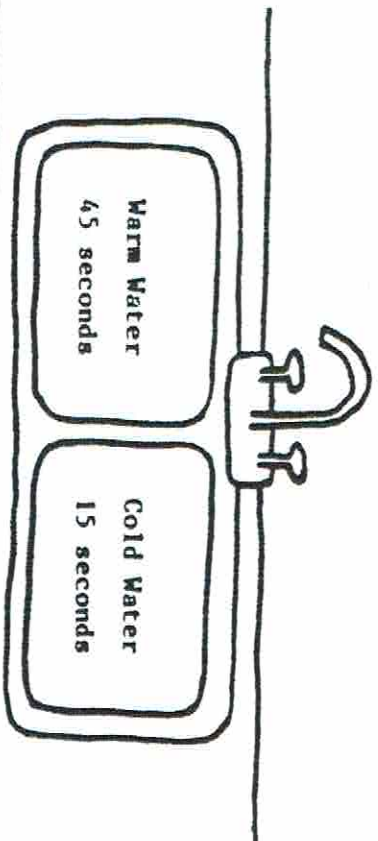
# RANGE OF MOTION EXERCISE PROGRAM

EXERCISE	DESCRIPTION	REPETITIONS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Elbow Flexion and Extension - bending and straightening elbow</p> <ol style="list-style-type: none"> <li>Grasp affected arm at the wrist and bent arm to touch shoulder. <b>SLOWLY.</b></li> <li>While still holding arm at wrist, straighten arm out.</li> </ol>						
	<p>Forearm Pronation and Supination-turning palm up and then down</p> <ol style="list-style-type: none"> <li>Clasp hands together by interlocking fingers.</li> <li>Keep elbows in at sides and turn arms so that the palm of the affected hand is facing up.</li> <li>Turn arms in the opposite direction so that the palm of the affected hand is facing down.</li> </ol>						
	<p>Wrist Flexion and Extension - bending and straightening wrist</p> <ol style="list-style-type: none"> <li>Clasp hands by interlocking fingers.</li> <li>Keep elbows in at sides and move hands <b>SLOWLY</b> back and forth, as in diagram. Bend and straighten wrist as much as possible, <b>WITHOUT PAIN.</b></li> </ol>						

REMEMBER - move slowly and as much as possible **WITHOUT PAIN.**

Trillium Health Centre  
Occupational Therapy Department

CONTRAST BATHS



- Fill one sink with "bath warm" water and the second sink with "very cold" water.
- Place your hand and wrist in warm water for 45 seconds, then } one minute in cold water for 15 seconds.
- Repeat for 10 or 15 minutes, times per day.
- Exercises:  
while in the water