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.)
5. All exercises should not make the arm "tighten".

4. The affected arm should always be supported fully.

3. Each exercise should be done SLOWLY.

2. Each exercise should be repeated 5-10 times, but no more.

1. All exercises should be done "times daily".

GENERAL PROCEDURE

2. To make pulling on and removing clothing for affected arm easier.

1. To keep the affected arm and hand from becoming stiff and painful.

PURPOSE OF EXERCISE PROGRAM

FOR RANGE OF MOTION EXERCISE PROGRAM
Contrast Baths

Occupational Therapy Department
Millennium Health Centre