

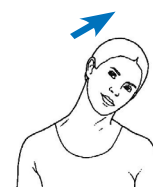
Patient information factsheet

Upper limb exercises

It's important to do regular exercises to maintain the movement and strength in your upper limbs. Your physiotherapist will advise you on which of these exercises you need to do and how regularly.

- 1) Either standing or sitting, tilt your head towards one shoulder until you feel the stretch on the opposite side.

Hold for 15 to 20 seconds and repeat _____ times.



- 2) Either standing or sitting, lower your chin to your chest until you feel a stretch, then look up to the ceiling.

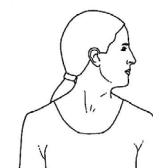
Repeat _____ times.



- 3) Either standing or sitting, turn your head to look over your shoulder until you feel a stretch.

Hold for ten to 15 seconds. Repeat to the other side.

Repeat _____ times.



- 4) Either standing or sitting, lift your shoulders to your ears and then relax back down.

Repeat _____ times.



- 5) Either standing or sitting, roll your shoulders forwards, then backwards.

Repeat _____ times each way.



- 6) Either sitting or standing, lift your arm up with your thumb leading the way. If this is difficult, use your other arm to assist the movement.

Repeat _____ times.



- 7) Either standing or sitting, lift your arm up sideways with your thumb leading the way. Stop if it feels painful.

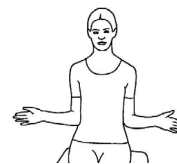
Repeat _____ times.



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- 8) Either standing or sitting, keep your elbow at your side and move your arm outwards (thumb side of your arm facing up).

Repeat _____ times.



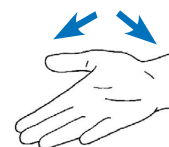
- 9) Either standing or sitting, bend and straighten your elbow while keeping your elbow tucked in at your side.

Repeat _____ times.



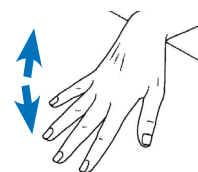
- 10) Turn your forearm, so that your palm faces the ceiling and then the floor.

Repeat _____ times.



- 11) Bend and straighten your wrist while keeping your fingers straight throughout.

Repeat _____ times.



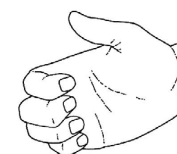
- 12) Make a fist and then fully straighten your fingers.

Repeat _____ times.



- 13) Press your thumb against the tip of each finger in turn.

Repeat _____ times.



- 14) Bend your thumb to the base of your little finger and then back again.

Repeat _____ times.



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