

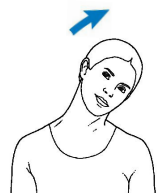
Patient information factsheet

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.



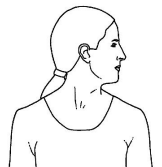
- 2) Either standing or sitting, take your chin to your chest until you feel a stretch then look up to the ceiling.

Hold for ten to 15 seconds. Repeat.....times.



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

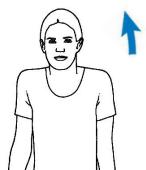
Hold for ten to 15 seconds. Repeat to the other side.



Repeat.....times.

- 4) Either standing or sitting, take your shoulders to your ears and 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 letting your thumb lead the way. If this is difficult, use your other arm to assist the movement.

Repeat.....times.



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

Repeat.....times.



- 8) Either standing or sitting, keeping your elbow at your side and thumb uppermost rotate your arm outwards.

Repeat.....times.



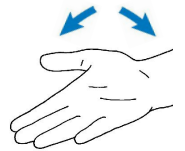
- 9) Either standing or sitting, bend and straighten your elbow while keeping your elbow tucked in at your side.

Repeat.....times.



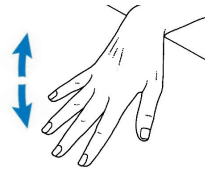
- 10) Turn your forearm, so that your palm faces the ceiling and then the floor.

Repeat.....times.



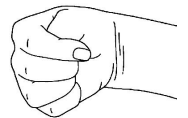
- 11) Bend and straighten your wrist whilst keeping your fingers straight throughout.

Repeat.....times.



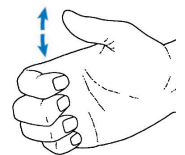
- 12) Make a fist and then fully straighten your fingers.

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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