

Upper Body Range of Motion Exercises



Figure 8 *Finger Flexion*



Figure 9 *Finger Extension*

Finger Flexion/Extension

- Hold the patient's wrist steady, but be sure not to squeeze too tight.
- With your other hand gently bend the patient's fingers toward the palm of the hand, as in Figure 8, and hold 5 seconds.
- Then gently straighten the fingers out, as in Figure 9, and hold 5 seconds.
- Repeat 10 times each hand twice a day.

Why is this important?

- ❖ Finger range of motion is important for patient comfort and upper extremity positioning.



Figure 10 *Wrist Flexion*



Figure 11 *Wrist Extension*

Wrist Flexion/Extension

- With one hand hold the patient's forearm and with the other hand hold the patient's hand.
- Gently move the wrist down towards the bed until you feel resistance as in Figure 10 and hold 5 seconds.
- Then gently extend the wrist back until you feel resistance as in Figure 11 and hold for 5 seconds.
- Be sure not to grip the patient's arm or hand tightly.
- Repeat the exercise 10 times to each wrist twice a day.

Why is this important?

- ❖ It is important to maintain wrist range of motion for positioning patient in the bed or wheelchair and for patient comfort.



Figure 12 *Forearm Supination*



Figure 13 *Forearm Pronation*

Forearm Supination/Pronation

- With one hand hold the patient's elbow and with the other hand hold the patient's wrist.
- Be sure not to squeeze the patient's elbow or wrist tightly.
- Gently rotate the forearm so that the palm of the hand is facing up, as in Figure 12, and hold 5 seconds.
- Then gently rotate the forearm so that the palm of the hand faces down, as in Figure 13, and hold 5 seconds.
- Repeat the exercise 10 times with each arm twice a day.

Why is this important?

- ❖ Supination and pronation are important upper extremity movements for positioning comfort of the patient. It is important to maintain upper extremity range of motion for this reason.



Figure 14 *Elbow Extension*



Figure 15 *Elbow Flexion*



Figure 16 *Shoulder Flexion*

Elbow Flexion/Extension

- Place one hand on the back of the arm and above the elbow. Use your other hand to support and guide the forearm
- Remain conscious of how tightly you grip the patient's arm.
- Slowly straighten out the arm, as in Figure 14, and hold for 5 seconds.
- Then slowly bend to elbow until you feel resistance and hold for 5 seconds, as in Figure 15.
- Repeat the exercise 10 times to each arm twice a day.

Why is this important?

- ❖ It is important to maintain elbow movement for comfort of the patient and for positioning. You can position the arms in many positions with greater range of motion of the upper extremity joints. This will allow you to find a position that is most comfortable for the patient.

Shoulder Flexion

- Use the same hand positioning for shoulder flexion as you used with elbow flexion/extension.
- Keeping the elbow straight, slowly raise the arm by bending the shoulder until you reach resistance. Hold for 5-10 seconds and slowly lower the arm back to the patient's side.
- Repeat the exercise 10 times with each arm twice a day.
- Remember to grip the patient's arm lightly.

Why is this important?

- ❖ Shoulder range of motion is important in rolling the patient from side to side, supine to prone (back to stomach), or prone to supine. Shoulder range of motion is also important when placing the patient in the sidelying position.



Figure 17 *Shoulder Internal Rotation*

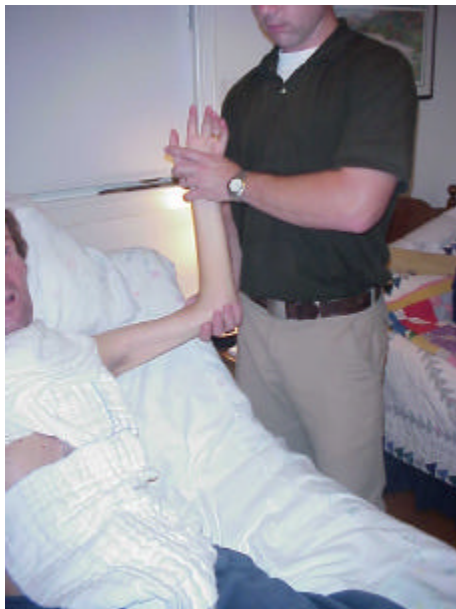


Figure 18 *Shoulder External Rotation*

Shoulder Internal/External Rotation

- Support the patient's elbow with one hand and hold the patient's wrist with your other hand.
- Place the patient's arm at a 90 degree angle with the patient's elbow at the same level as the patient's shoulder. See Figure 17.
- Slowly rotate the shoulder by pushing the wrist down, as in Figure 17, and hold for 5 seconds.
- Then slowly rotate the shoulder by pushing the wrist up, as in Figure 18, and hold for 5 seconds.
- Be sure the elbow does not move.

Why is this important?

- ❖ Shoulder range of motion is important for comfort and positioning of the patient.