



Arm Range of Motion Exercises for People with Hemiplegia

HEALTH EDUCATION

Hemiplegia is paralysis of muscles on one side of the body. Keeping your range of motion when you have hemiplegia is very important. It will help you to:

- Prevent pain and stiffness.
- Make bathing and dressing easier.
- Improve your motion and circulation.

Tips to Follow

- Do each exercise slowly.
- Try to get into a regular routine. You will be more likely to do the exercises.
- Use proper posture and sitting position during all exercises:
 - Keep your back straight.
 - Do not lean against the back of the chair.
 - Put both feet flat on the ground 6 – 8 inches apart.
 - Sit with your hips and knees at a 90 degree angle.

Safety Tips

- Do only gentle stretching with pain-free range of motion. The exercises should not be painful.
- Remember to exhale during the hardest part of the exercises – when you are lifting or pushing.
- Rest briefly between each exercise.
- If you are in a wheelchair, lock it so it doesn't roll.

Other Tips:

For questions, call _____

Do each exercise _____ times.

Do the group of exercises _____ times each day.

Warm Up

Loosen up your neck muscles:

- Slowly look over your right shoulder then your left shoulder.
- Touch your right ear to your right shoulder, then your left ear to your left shoulder. (Do not raise your shoulder, bend your neck.)
- Bend your head forward to bring your chin to your chest, then lift your head back to an upright position.

Loosen up the muscles around your shoulder blade:

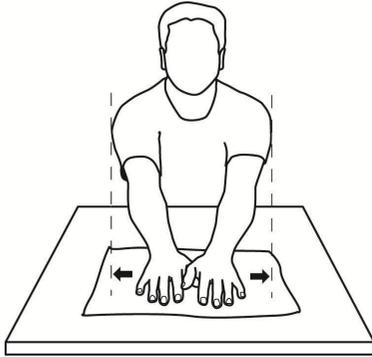
- Sit at the table with your elbows and forearms resting on the table, your elbows bent and your hands out in front of you. Make sure that neither the chair nor table has wheels.
- Without moving your arms on the table, bring your chest toward the table while sitting up straight and tall. Then move your chest away from the table and slouch. Continue this sequence.



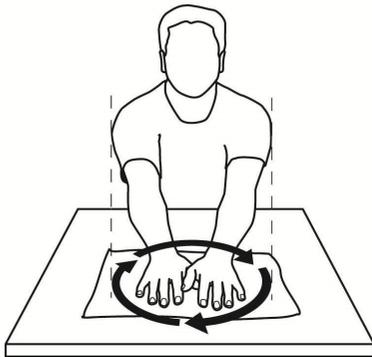
- Rest both hands on a towel on the table. Move your hands straight out in front of you straightening your elbows completely and leaning forward slightly. Bring your hands back in towards your chest and return to sitting up straight. Repeat this sequence. Repeat the same motions, sliding your arms slightly to the right. Repeat the same motions, sliding your arms slightly to the left.



- Rest both hands on a towel on the table. Slide your hands forward until both elbows are straight. Now slowly slide your hands from side to side, going only as far to the side as the width of your shoulders.

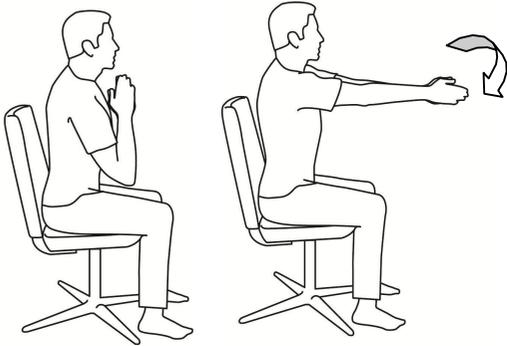


- Rest both hands on a towel on the table. Make a small circle on the table surface with your hands sliding the towel. Make the circle as wide as your shoulders.

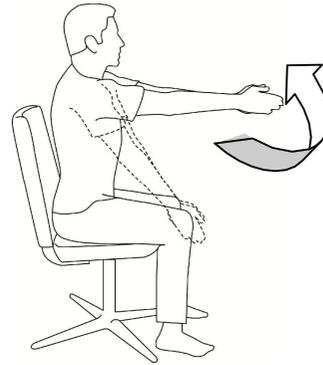


Range of Motion Exercises

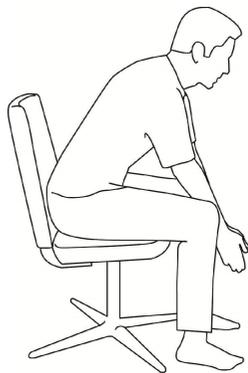
1. Put your affected hand in your non-affected hand. Move your arms forward to straighten your elbows, keeping your hands at shoulder or chest level. Return both hands to your chest. Repeat.



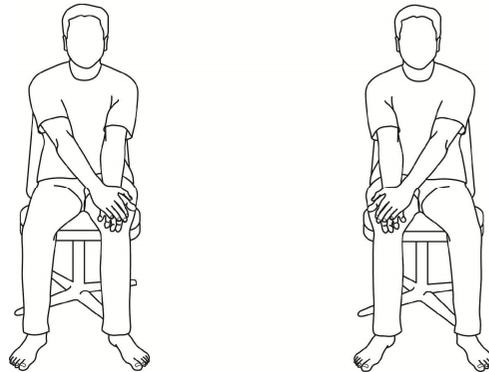
2. With your elbows straight and your hands together, raise your hands to shoulder or eye level. Repeat.



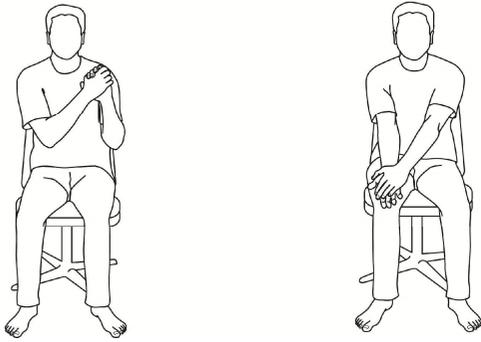
3. Keeping your elbows straight, reach towards the floor with your arms between your knees. Repeat over your right knee, then over your left knee.



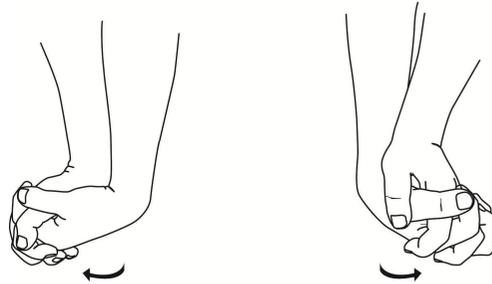
4. Sit with your hands together on the same knee. Bring the back of your right hand to your right knee, then the back of your left hand to your left knee, keeping your hands together. Repeat.



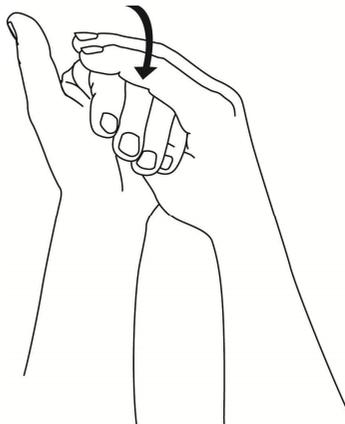
5. With your hands still together, bring your hands to your left shoulder by bending your elbows, then to your right knee by straightening your elbow. Then reverse and bring your hands to your right shoulder, then your left knee. Repeat.



6. With your forearms resting on the table, thumbs up, bend your wrists to the left and then to the right.



7. With your forearm resting on the table, **gently** bend your fingers into your palm, and then straighten your fingers.



8. Holding the base of your thumb, **gently** rotate your thumb in a complete circle.

