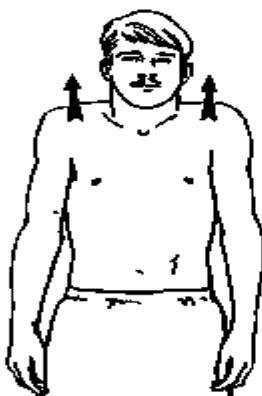


Rehabilitation Services

Upper Extremity Exercises Post Stroke

SCAPULA - Elevation (Active)

Support your affected arm with strong arm. Shrug shoulders up, breathing in. Relax, breathing out.



Repeat 5-10 times.
Do 2 sessions per day.

ELBOW - Flexion (Passive)

Use strong hand to bend affected elbow, with thumb toward same shoulder. Do NOT force this motion. Hold 5-10 seconds.



Repeat 5-10 times.
Do 2 sessions per day.

FOREARM - Supination (Passive)

Keep elbow bent at right angle and held firmly at side. Use strong hand to turn affected forearm until palm faces upward.



Hold 5-10 seconds.

Repeat 5-10 times.
Do 2 sessions per day.

WRIST - Extension (Passive)

Using strong hand, lift affected hand at wrist as far as possible.



Hold 5-10 seconds.

Repeat 5-10 times.
Do 2 sessions per day.

HAND CARE -Edema Reduction (Elevation - Lying)



Elevate hand above heart level on several pillows.
While a rest in bed or sitting in a chair

General Guidelines:

Please consult with your Physician before starting an exercise program.

1. Use your affected arm during daily activities as much as possible. Some examples: use your hand to hold a toothpaste when twisting the cap, apply lotion or wash hands with a cloth, attempt to clap or grasp hands together.
2. Avoid reaching with your affected arm higher than shoulder height if you have shoulder weakness. If you are unsure, ask your medical team.
3. If your hand is weak, place a towel roll in your hand to keep in a relaxed position for proper positioning.

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