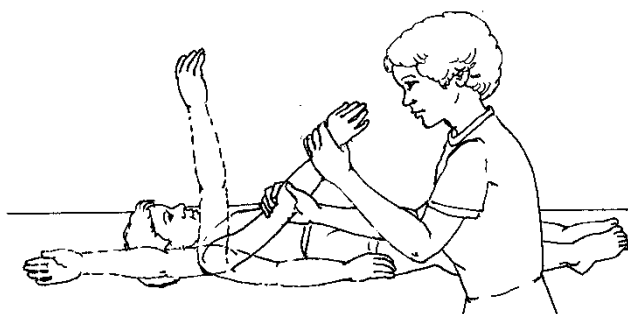


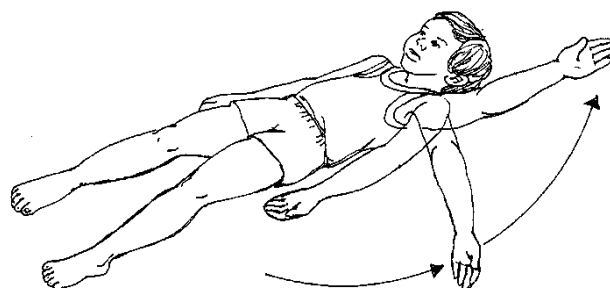
Exercises: Arms and Hands (Passive)

Range of motion exercises keep your child's joints and muscles loose and easy to move. Your child should lie on his or her back on a firm surface while doing the exercises. You should be on the same side of his body as the arm you are working with. Motions should be smooth, not bouncy. If you have questions, be sure to ask your doctor, occupational therapist or nurse.

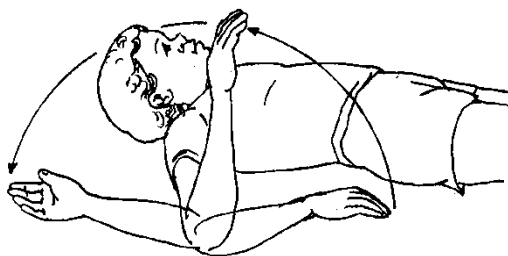
All the exercises should be done _____ times every day. Do each exercise _____ times for each arm. **Do only the exercises that have a check mark (✓) in the box.**



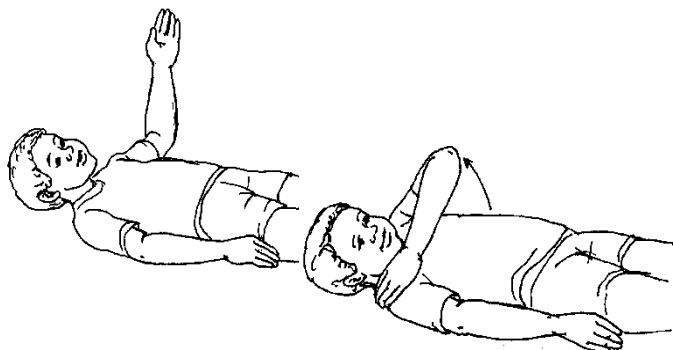
- Start with child's arm by his side. Hold the child's arm at the elbow and wrist. Move it straight forward and upward toward the ear. Let your child's hand touch the bed above his head. Bring back to the starting position. Repeat with the other arm.



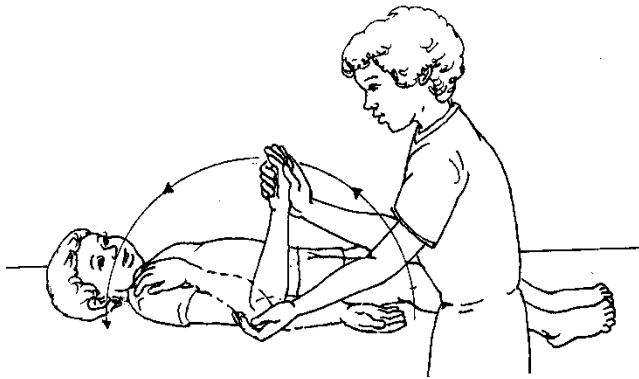
- With your child lying on his back, position the arm with the palm facing up. Hold the child's arm at the elbow and wrist. Move the arm straight out to the side, then upward toward the ear and back again. Repeat with the other arm.



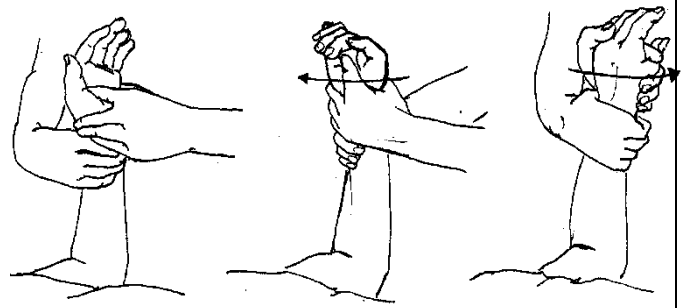
- Move the child's arm out to the side at shoulder level. With the elbow bent, hold the arm, at the elbow and wrist, and roll it forward toward the bed then backward toward the bed. Gently hold the shoulder down. Repeat with the other arm.



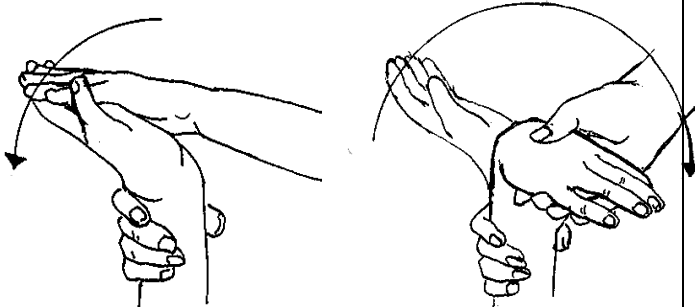
- With the child's arm at shoulder level and elbow bent, bring the child's arm across the body and touch his fingers to the back of the opposite shoulder. Repeat with the other arm.



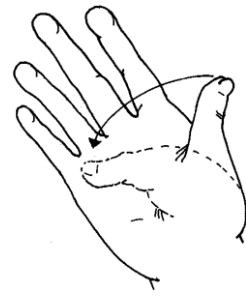
□ Hold the child's arm at the elbow and wrist. With the palm of his hand facing the child, bend and straighten the elbow. Repeat with the other arm. Do not force or jerk the child's arm. Use a steady pull.



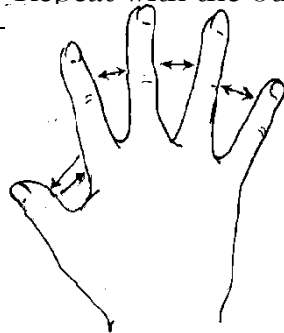
□ With the elbow bent to a 90° angle, hold the wrist and hand. Turn the forearm until the palm of his hand faces him. Then turn the forearm until the back of his hand faces him. Repeat with the other arm.



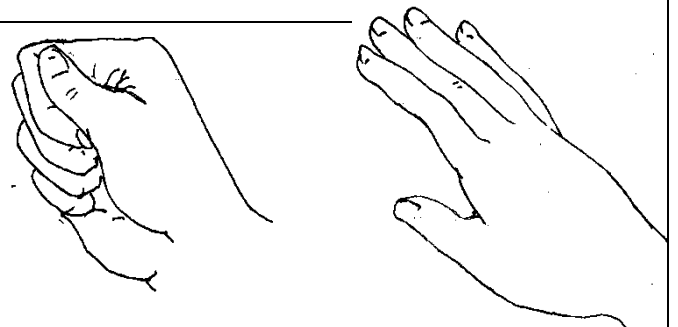
□ Bend the child's wrist forward and backward. Repeat with the other wrist.



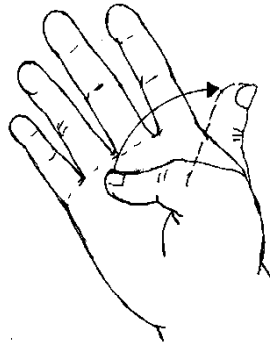
□ Move the thumb across the front of the palm of the hand until it touches the base of the little finger. Repeat with the other hand.



□ Spread the thumb and fingers apart then together again. Repeat with the other hand.



□ Make a tight fist and then straighten the child's fingers. Repeat with the other hand.



- Move the thumb out from the palm away from the other fingers. Repeat with the other hand.

If you have any questions, be sure to ask your doctor, occupational therapist or nurse, or call _____.