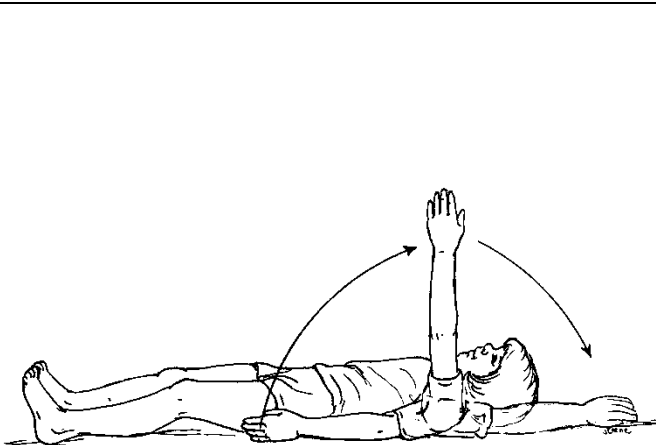




Exercises: Upper Extremities (Active)

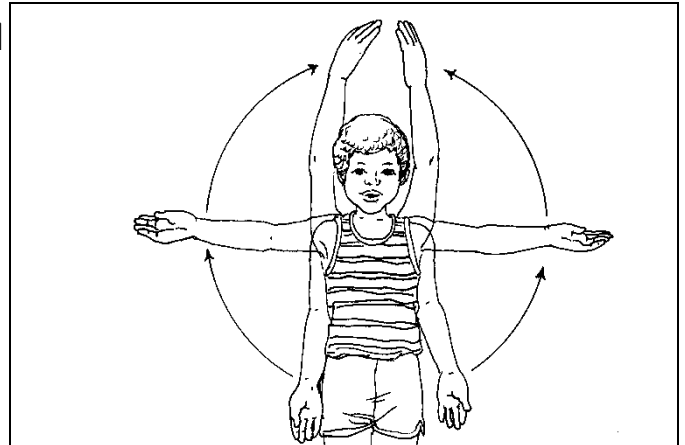
Active exercises help keep your joints and muscles from tightening up and becoming weaker. Your exercise program is planned for your specific needs because not all your muscles have the same degree of strength or weakness. The goal of active exercise is to keep your muscles strong and flexible.

Do only the exercises that have a check mark (✓) in the box. Remember to move slowly, avoiding rapid or jerky motions.



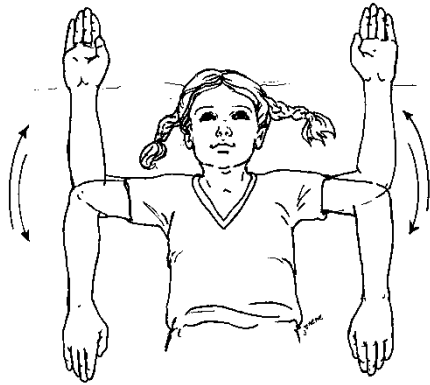
1. Lie on your back with your arm at your side. Raise your hand overhead, keeping elbow straight. Bring arm all the way up so that it is close to your ear.

Hold for ____ seconds.
Repeat ____ times, ____ times a day.



2. Lie on your back or stand straight. Raise arms out to side, keeping elbows straight. Bring arms all the way up so they are close to your ear.

Hold for ____ seconds.
Repeat ____ times, ____ times a day.



3. Lie on your back with your elbows straight out from your shoulders. Bend your elbows and keep them on the bed. Bring hands up to touch the bed by your head then down to touch the bed by your waist.

Hold for ____ seconds.

Repeat ____ times, ____ times a day.



4. (a) Hold your right arm out with the palm of your hand **facing upward**. Bend your elbow and touch your fingers to the same shoulder, then straighten your arm. Repeat with your left arm.

Hold for ____ seconds.

Repeat ____ times, ____ times a day.

4. (b) If your therapist instructs, you may also help pull your hand up with your other hand.

Hold for ____ seconds.

Repeat ____ times, ____ times a day.