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Exercise Booklet

Wrist extension prayer stretch



Therapist`s aim

To stretch or maintain length of the wrist and finger flexors.

Client`s aim

To stretch or maintain range in your wrist and fingers.

Therapist`s instructions

Position the patient in sitting with their palms together. Ensure that the fingers are positioned with the metacarpophalangeal and interphalangeal joints extended. Instruct the patient to slowly lower their wrists.

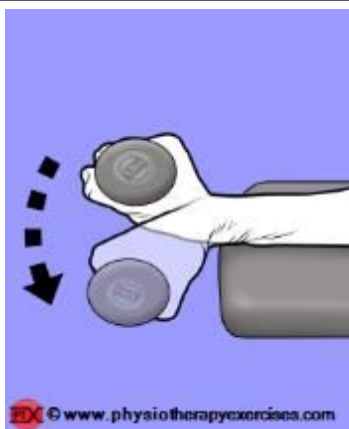
Client`s instructions

Position yourself in sitting with your palms together. Ensure that your fingers are touching and are kept straight. Slowly lower your wrists.

Progressions and variations

Less advanced: 1. Keep the wrists higher and the elbows beside the trunk. More advanced: 1. Lower the wrists and lift the elbows away from the trunk.

Wrist flexion with weight



Therapist`s aim

To strengthen the wrist extensors eccentrically.

Client`s aim

To strengthen the muscles that control lowering of your wrist.

Therapist`s instructions

Position the patient with their wrist over the edge of the table, palm facing down and a weight in their hand. Instruct the patient to slowly lower their hand.

Client`s instructions

Position yourself with your wrist over the edge of the table, palm facing down and a weight in your hand. Slowly lower your hand.

Progressions and variations

Less advanced: 1. Decrease the weight. More advanced: 1. Increase the weight.

Ceiling punch with weight



Therapist's aim

To strengthen the shoulder flexors.

Client's aim

To strengthen the muscles at the front of your shoulder.

Therapist's instructions

Position the patient in sitting or standing with a weight in their hand. Instruct the patient to punch to the ceiling by extending the elbow.

Client's instructions

Position yourself in sitting or standing with a weight in your hand. Start with your elbow bent and your fist facing towards the ceiling. Punch to the ceiling with your elbow straight. Finish with the weight above your head.

Progressions and variations

Less advanced: 1. Decrease the weight. More advanced: 1. Increase the weight.

Elbow extensor strengthening in supine using free weights



Therapist's aim

To strengthen the elbow extensors.

Client's aim

To strengthen your triceps.

Therapist's instructions

Position the patient in supine with their shoulder flexed to 90 degrees and their elbow flexed. Instruct the patient to extend their elbow.

Client's instructions

Position yourself lying on your back. Start with your shoulder held vertically and your elbow bent. Finish with your elbow straight.

Progressions and variations

More advanced: 1. Progress using strength training principles.

Balancing prone on a swiss ball



Therapist`s aim

To strengthen the shoulder, trunk and hip muscles.

Client`s aim






To strengthen your shoulder, trunk and hip muscles.

Therapist`s instructions

Position the patient in prone over a ball with their hands on the floor. Instruct the patient to shift their weight over to one arm while maintaining control of their shoulder. Ensure their body is kept in horizontal position.

Client`s instructions

Position yourself lying on your stomach on a ball with your hands on the floor. Practice shifting your weight over to one arm while maintaining control of your shoulder. Ensure that you keep your body horizontal.

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