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Exercise Booklet

Ankle plantarflexor stretch using a foam block



Client`s aim

To stretch or maintain range in your ankle.

Client`s instructions

Position yourself lying on your back with your feet resting against a foam block at the end of the bed. Place a pillow under your calves to raise your heels off the bed.

Precautions

1. Impaired or absent sensation of stretch.

Bilateral shoulder internal rotator stretch in supine



Client`s aim

To stretch or maintain range in your shoulders.

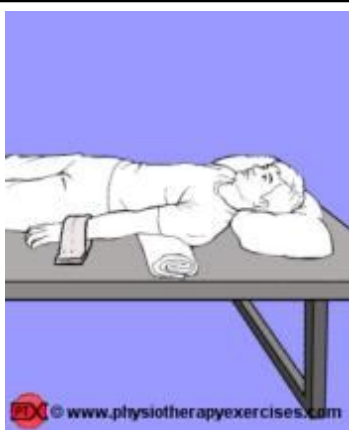
Client`s instructions

Position yourself lying on your back with your hands behind your head. Ensure that your elbows are free to drop down onto the bed.

Precautions

1. Impaired or absent sensation of stretch. 2. Shoulder pain.

Elbow flexor stretch in supine



Client`s aim

To stretch or maintain range in your elbow.

Client`s instructions

Position yourself lying on your back with your arm beside your body and your elbow held straight over a rolled towel. Place a weight over your wrist joint.

Precautions

1. Impaired or absent sensation of stretch.

Forearm supinator stretch in sitting



Client`s aim

To stretch or maintain range in your forearms.

Client`s instructions

Position yourself in your wheelchair with your palms facing downwards on your armrests. Place a weight over your wrist joint.

Precautions

1. Impaired or absent sensation of stretch.

Hip adductor stretch in supine using wedge



Client`s aim

To stretch or maintain range in your hips.

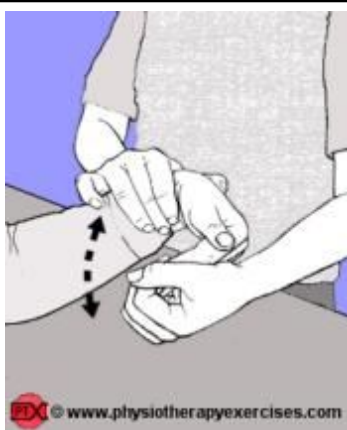
Client`s instructions

Position yourself lying on your back with a triangular wedge placed between your thighs. Ensure that your ankles are supported in an upright position and your heels are lifted off the mattress.

Precautions

1. Impaired or absent sensation of stretch.

Passive finger and hand movements



Client`s aim

To stretch or maintain range in your hand.

Client`s instructions

Position yourself sitting with your wrist bent. Instruct a carer/therapist to passively move your finger joints while holding your wrist bent down.

Precautions

1. Preserve tenodesis grasp.

Shoulder adductor and forearm supinator stretch in sitting



Client`s aim

To stretch or maintain range in your shoulders, arms and wrists.

Client`s instructions

Position yourself sitting with your arms supported on a table. Position your arms out to the side with your elbows straight and your palms facing downwards. Place a weight over your wrist.

Precautions

1. Impaired or absent sensation of stretch. 2. Shoulder pain.

Shoulder extensor and forearm supinator stretch



Client`s aim









To stretch or maintain range in your shoulders, arms and wrists.

Client`s instructions

Position yourself sitting with your arms supported on a table. Position your arms out in front of your body with your elbows straight and your palms facing downwards. Place a weight over your wrist.

Precautions

1. Impaired or absent sensation of stretch. 2. Shoulder pain.

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