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Exercise Booklet

Ankle plantarflexor stretch using a foam block



Client`s aim

To stretch or maintain range in your ankle.

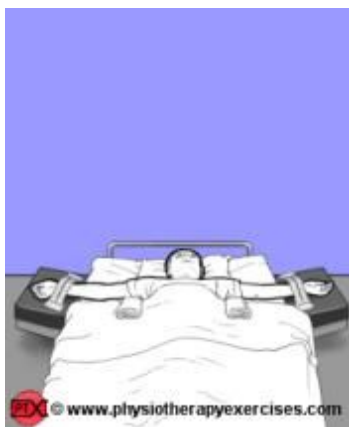
Client`s instructions

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 adductor stretch in supine (crucifix)



Client`s aim

To stretch or maintain range in your shoulders.

Client`s instructions

Position yourself lying on your back with your hands outstretched and resting on a table or stretch board. Place a weight on each wrist.

Precautions

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

Forearm pronator 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 upwards on your armrests. Place a weight over your wrist joint.

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 pronator 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 upwards. Place a weight over your wrist.

Precautions

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

Shoulder extensor and forearm pronator 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 elbow straight and your palms facing upwards. Place a weight over your wrist.

Precautions

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

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