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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.

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.

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.

Pushing on flat ground



Client`s aim

To improve your fitness and strengthen your shoulders.

Client`s instructions

Position yourself sitting in your wheelchair. Practice pushing on flat ground.

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.

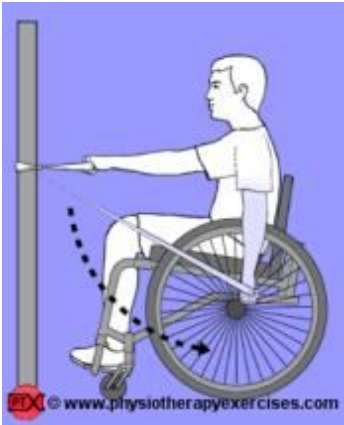
Client`s instructions

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.

Shoulder extensor strengthening in sitting using theraband



Client's aim

To strengthen the muscles at the back of your shoulder.

Client's instructions

Position yourself sitting facing the theraband. Adjust the theraband so that the direction of pull is downwards from the ceiling. Start with your arm out in front of you. Finish with your arm down beside your body. Ensure that you keep your elbow straight.

Precautions

1. Ensure that the chair does not tip backwards.

Shoulder external rotator strengthening in sitting using theraband



Client's aim

To strengthen your shoulder muscles.

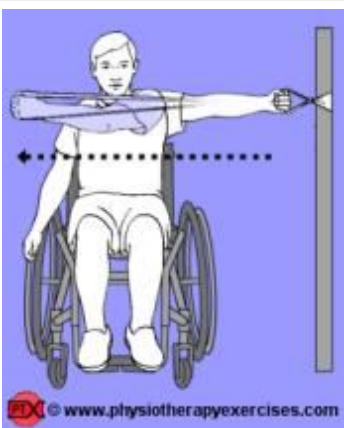
Client's instructions

Position yourself sitting side-on to the theraband. Adjust the theraband so that the direction of pull is in alignment with the height of your elbow. Start with your far hand across your body and your elbow bent. Finish with your hand out to the side. Ensure that you keep your elbow bent and tucked in beside your body.

Precautions

1. Ensure that the chair does not tip backwards.

Shoulder horizontal adductor strengthening in sitting using theraband



Client's aim

To strengthen the muscles at the front of your shoulder and chest.

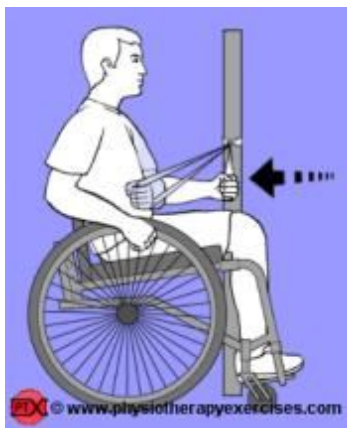
Client's instructions

Position yourself sitting side-on to the theraband. Adjust the theraband so that the direction of pull is in alignment with the height of your shoulder. Start with your near arm out to the side of your body. Finish with your arm across your body. Ensure that you keep your elbow straight.

Precautions

1. Ensure that the chair does not tip backwards.

Shoulder internal rotator strengthening in sitting using theraband



Client's aim

To strengthen your shoulder muscles.

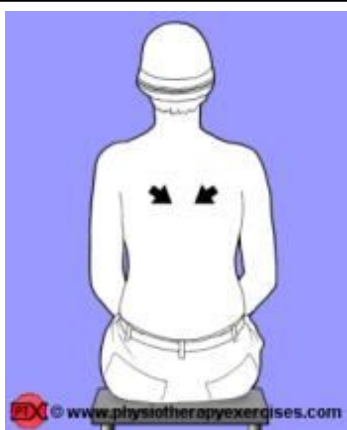
Client's instructions

Position yourself sitting side-on to the theraband. Adjust the theraband so that the direction of pull is in alignment with the height of your elbow. Start with your near hand away from your chest and your elbow bent. Finish with your hand across your body. Ensure that you keep your elbow bent and tucked in beside your body.

Precautions

1. Ensure that the chair does not tip backwards.

Shoulder retractor strengthening in sitting



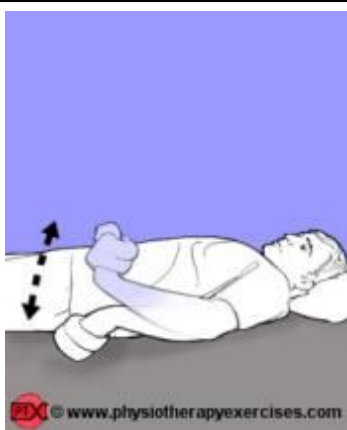
Client's aim

To strengthen the muscles at the back of your shoulder.

Client's instructions

Position yourself sitting up straight. Practice pulling your shoulders backwards and downwards.

Wrist extensor strengthening in supine using free weights









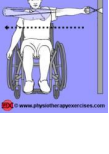
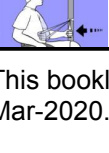
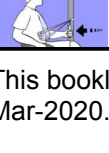




Client's aim

To strengthen your wrist muscles.

Client's instructions

Position yourself lying on your back with a weight attached around your hand. Start with your wrist dropped downwards. Finish with your wrist pulled upwards.

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