**Body Area**

* **Neck**
* **Back**
* **Scapula**
* **Shoulder**
* **Upper Arm**
* **Elbow**
* **Forearm**
* **Wrist**
* **Hand**
* **Fingers**
* **Thumb**
* **Upper Trunk**

**Objective**

* **Mobility**
* **Stretching**
* **Strengthening**
* **Stability**
* **Functional**

**Movement**

* **Flexion**
* **Extension**
* **Lateral Flexion**
* **Abduction**
* **Horizontal Abduction**
* **Internal Rotation**
* **External Rotation**
* **Circumduction**
* **Plantar Flexion**
* **Dorsiflexion**
* **Elevation**
* **Depression**
* **Retraction**
* **Protraction**
* **Upward Rotation**
* **Downward Rotation**
* **Other Movement**

**Equipment**

* **None**
* **Dumbbells**
* **Bench**
* **Table**
* **Chair**
* **Paper**
* **Coins**
* **Cards**
* **Peg**
* **Container**
* **Sticks**
* **Scissors**
* **Pencil**
* **Theraband**
* **Fit ball**
* **Body bar**
* **Putty**
* **Towel**
* **Small objects**