

HEALTH EDUCATION

General Instructions

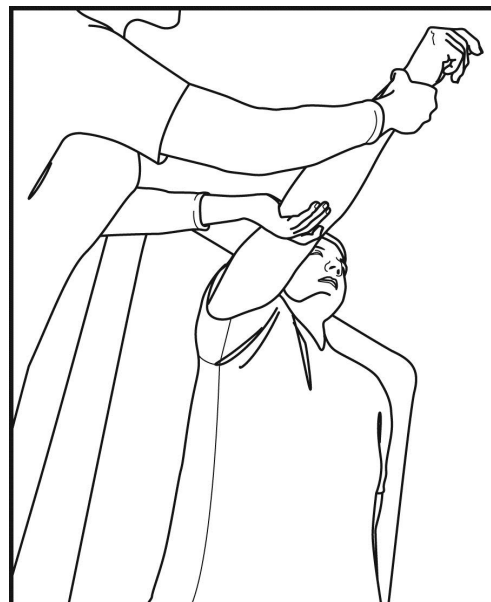
- Move the joint only to the point of resistance – do not force movement.
- Support joints to prevent too much motion. Move in a straight line from starting position to ending position.
- Move extremities and joints in a slow, gentle motion.
- For patients with increased tone or spasticity, slowly pull against muscles that seem especially tight. Gentle continuous stretching on a muscle will help relax it.

☐ Shoulder Flexion

1. Start with patient lying face up.
2. Support the patient's elbow with one hand and grasp the wrist with your other hand.
3. Slowly lift the whole arm up to 90 degrees.
4. Slowly lower the arm back to the patient's side.

Repeat _____ times.

Do _____ sessions per day.

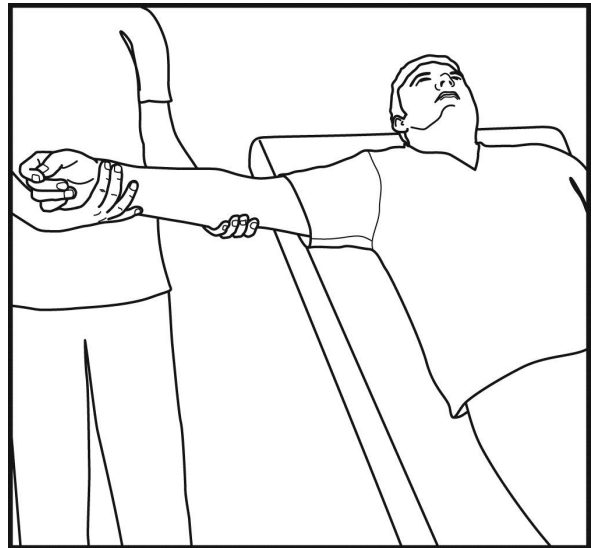
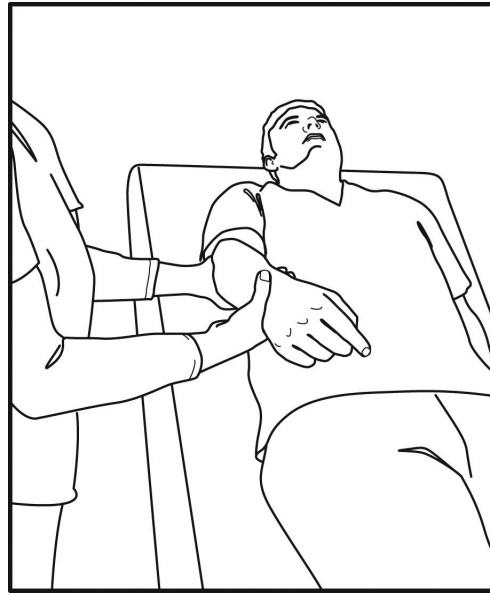


☐ Shoulder Abduction

1. Support the patient's elbow with one hand and grasp the wrist and hand with your other hand.
2. Keeping the elbow straight, move the arm out to the side away from the patient's body to a 90 degree angle with the hand no higher than the patient's shoulder.
3. Slowly return arm alongside the patient's torso.

Repeat _____ times.

Do _____ sessions per day.

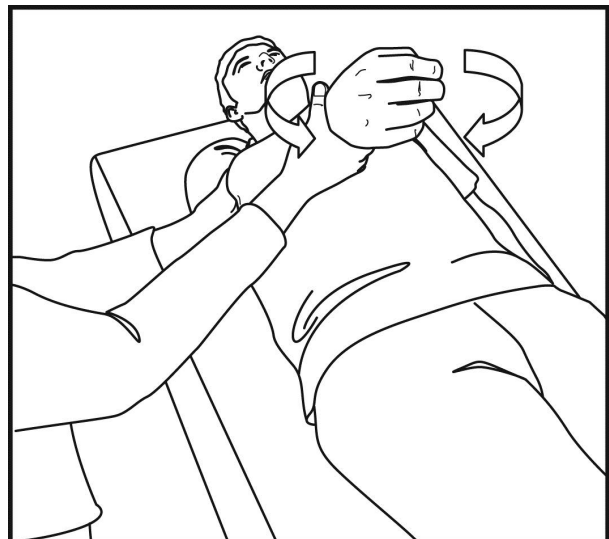


☐ Shoulder Circumduction

1. Support the patient's elbow with one hand and grasp the wrist and hand with your other hand.
2. Keeping the elbow straight, move the arm in a small circular motion clockwise.
3. Repeat in a counterclockwise motion.

Repeat _____ times.

Do _____ sessions per day.

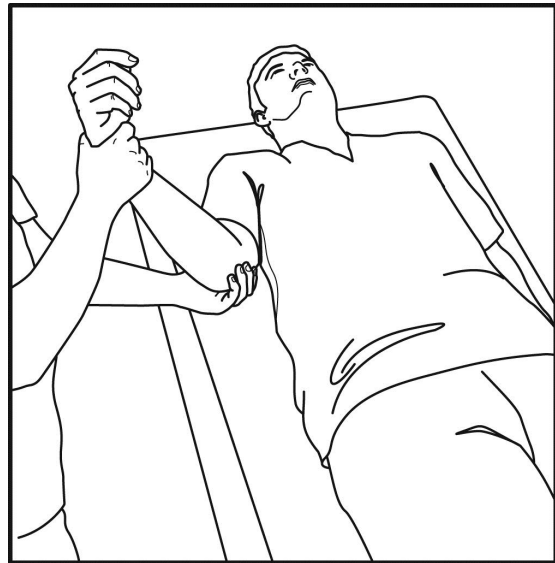
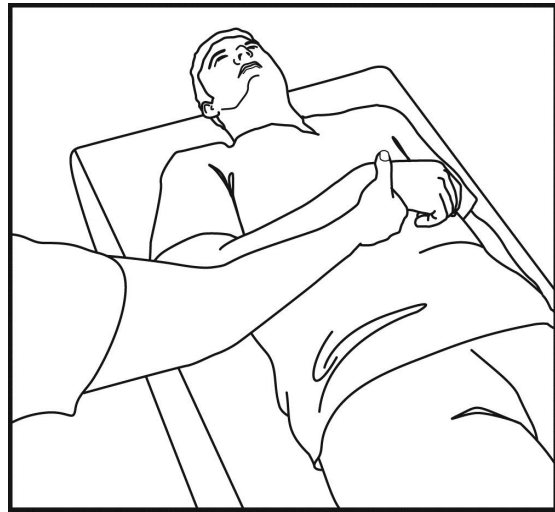


❑ Shoulder external/internal rotation

1. Keep the patient's elbow next to his/her side with one hand. Hold the patient's hand with your other hand.
2. Rotate the patient's hand toward the stomach and then out to the side.

Repeat ____ times.

Do ____ sessions per day.

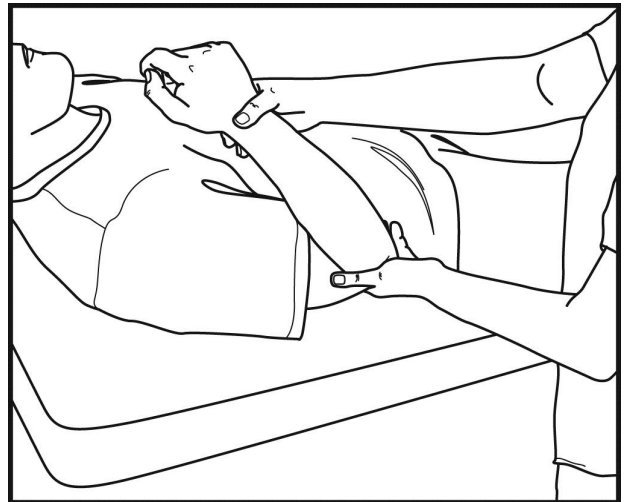
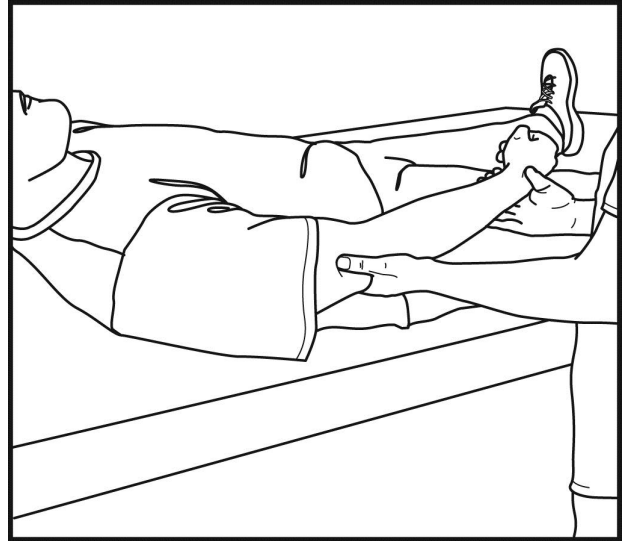


☐ Elbow Flexion and Extension

1. Place your hands at the wrist and above the elbow.
2. Bend the elbow through the full range of flexion and return to full extension.

Repeat _____ times.

Do _____ sessions per day.

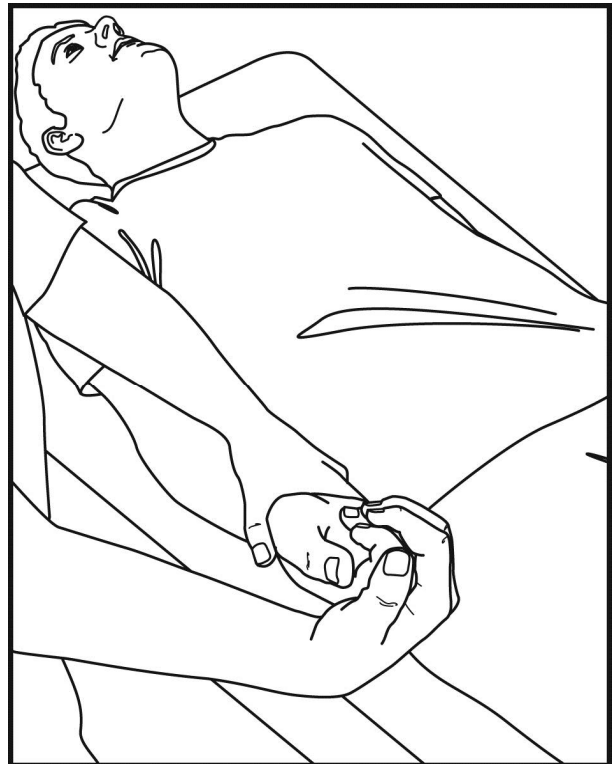


□ Hands and Fingers

1. With the patient's palm facing up towards the ceiling, use your hand to curl the fingers toward the palm of the hand. Return fingers to a straightened position.
2. With the patient's palm facing upwards grasp the patient's thumb and move it outwards away from the hand. Return thumb back to the palm and across towards the little finger.

Repeat _____ times.

Do _____ sessions per day.



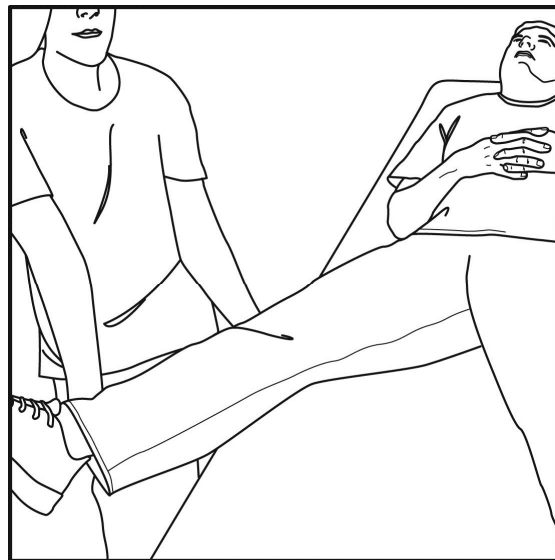
☐ Hip abduction

1. Support under the patient's knee and ankle.
2. Gently slide the patient's leg out to the side like a windshield wiper.

Repeat ____ times.

Do ____ sessions per day.

Precautions

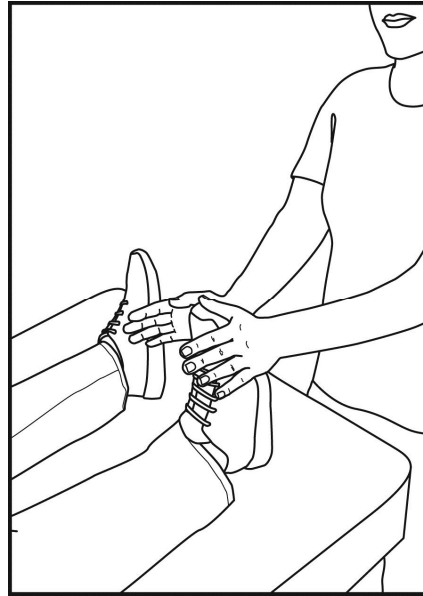


☐ Ankle Stretch

1. Gently push on the bottom of the patient's foot to bring his/her toes back in order to stretch the calf muscle.
2. Hold ____ seconds.

Repeat ____ times.

Do ____ sessions per day.



☐ Heel slide

1. Support under the patient's knee and foot.
2. Gently slide the patient's knee up toward his/her chest.

Repeat ____ times.

Do ____ sessions per day.



Precautions
