Passive Exercises for the Arm and Hand

These exercises should be done slowly, moving the joint to point of tension NOT pain. The movements should be done smoothly. If the movement is sore then stop. If soreness persists after these exercises, contact your therapist: _______________________ at ________________

Perform the exercises a minimum of 5 repetitions, once daily

At the end of the comfortable range of movement, hold that position for 30 seconds to 1 minute, depending how stiff the joints and muscles feel.

In case of spasms (i.e. a sudden uncontrolled movement or tightening of muscles), relax for a minute and then slowly and gently try the movement again.

It is important that the person doing the passive movements is in a comfortable position with their back straight.

Do talk to the patient and tell them what you are doing

Do ask them if the movements are causing pain

Don’t force the movement – always respect pain

### Shoulder Blade Movement:

| 1. Person lies on ______ side. |
| 2. Helper places one hand lightly on the front and top of the shoulder |
| 3. Their other hand cups the “point” of the shoulder blade. |
| 4. Helper moves the shoulder blade up and holds. |
| 5. Helper moves the shoulder blade down, and holds. |
| 6. Helper moves the shoulder blade towards the spine and holds. |
| 7. Helper moves the shoulder blade away from the spine and holds. |

![Shoulder Blade Movement Image](image1.png)

### Shoulder Lifting Movement:

| 1. Helper places hands at ______ elbow and hand/wrist. |
| 2. Helper lifts arm to shoulder height, with thumb facing up and elbow straight. |
| 3. As the arm is lifted, do not let it move across the body but come straight up to shoulder height (90 degrees) |

![Shoulder Lifting Movement Image](image2.png)
Shoulder Rotation Movement:

1. Helper places hands at _____ elbow and hand.
2. Keeping elbow at the side, helper moves the lower part of the arm and hand in to the stomach and holds.
3. Keeping elbow at the side, helper moves the lower part of the arm and hand away from the stomach and holds.

Shoulder Side Movement:

1. Helper places hands at _____ elbow and hand.
2. Supporting the arm, the helper moves arm out to side, no higher than shoulder height. (90 degrees)
3. Hold

Elbow Bending and Straightening Movement:

1. Helper places hands at _____ elbow and on hand.
2. Helper bends elbow to bring hand towards shoulder.
3. Helper straightens elbow and holds.

Palm Up and Palm Down Movement:

1. Helper bends _____ elbow and places hands above elbow and at hand.
3. Helper turns palm down and holds.
Wrist Bending and Straightening Movement:

1. Helper bends _____ elbow and places hands at forearm and hand.
3. Helper bends hand down and holds.

Wrist Waving Movement:

1. Helper bends _____ elbow and places hands at forearm and hand.
2. Keep the wrist straight.

Finger Bending and Straightening Movement:

1. Helper places hands at _____ wrist and fingers.
2. Keep person’s wrist straight.
4. Helper straightens fingers and holds.


Revised: Sept 27, 2005