Passive Range of Motion for Hemiplegic Upper Extremity

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 stop. If soreness persists after these exercises, contact your therapist:
_________________________ at __________
Perform the exercises _________ times per day

Shoulder Blade Movement:

1. Helper moves the shoulder blade up and hold for _____ seconds.  Repeat _____ times.
2. Helper moves the shoulder blade down, and hold for _____ seconds.  Repeat _____ times.
3. Helper moves the shoulder blade towards the spine and hold for _____ seconds.  Repeat _____ times.

Shoulder Flexion Movement:

1. Helper places hands at ______ elbow and hand, spreading thumb and fingers apart without touching palm of hand.
2. Helper lifts arm to shoulder height, with thumb facing up and elbow straight.
3. Hold for _____ seconds.  Repeat _____ times
Shoulder Rotation Movement:

1. Helper places hands at _____ elbow and hand, spreading fingers and thumb apart, without touching palm of hand.
2. Keeping elbow at the side, helper moves arm and hand in to the stomach
3. Keeping elbow at the side, helper moves the arm and hand away from the stomach
4. Hold _____ seconds. Repeat _____ times.

Shoulder Abduction Movement:

5. Helper places hands at _____ elbow and hand, spreading fingers and thumb apart, without touching palm of hand.
6. Helper moves arm out to side, no higher than shoulder height.

Elbow Flexion and Extension Movement:

1. Helper places hands at _____ elbow and on hand, spreading fingers and thumb apart, without touching palm of hand.
3. Helper straightens elbow and holds _____ seconds.
4. Repeat _____ times.

Forearm Pronation and Supination Movement:

1. Helper bends _____ elbow and
places hands above elbow and at hand, spreading fingers and thumb apart, without touching palm of hand.


3. Helper turns palm down and holds _____ seconds.

4. Repeat _____ times.
Wrist Flexion and Extension Movement:

1. Helper bends _____ elbow and places hands at forearm and hand, spreading fingers and thumb apart, without touching palm of hand.
3. Helper bends hand down and holds _____ seconds. Repeat _____ times.

Wrist Ulnar and Radial Deviation Movement:

1. Helper bends _____ elbow and places hands at forearm and hand, spreading fingers and thumb apart, without touching palm of hand.
2. Helper moves hand to little finger. Hold _____ seconds.
3. Helper moves hand to thumb and holds _____ seconds.
4. Repeat _____ times.

Finger Flexion and Extension Movement:

1. Helper places hands at _____ wrist and fingers.
3. Helper straightens fingers and holds for _____ seconds.
4. Repeat _____ times.
Diagrams from Progressive......