

Patient Information

Physiotherapy

Upper Limb Exercises

Shoulder Shrug

Sit comfortably on a chair. Slowly raise your shoulders up to your ears. Do not bend your head.



Repetitions _____

Sets -----

Shoulder Flexion / Extension

Sit up straight in the chair. Clasp your hands in front of your body. Raise them over your head, letting your stronger side assist your weaker side.



Repetitions _____

Sets

Elbow Flexion / Extension

Sit up straight in your chair. Bend your elbow, keeping the palm of your hand facing upwards. Aim to reach your chin. Lower your hand slowly and repeat.



Repetitions _____

Sets



Forearm Supination / Pronation

Sit up straight in a chair with your forearm supported on a table. Turn your palm up to face the ceiling, then down to face the table



Repetitions _____

Sets

Wrist Flexion / Extension

Rest your arm on a table or arm of the chair, with your wrist over the edge. Lift your hand as high as you are able. Slowly lower back down



Repetitions _____

Sets

Finger Flexion / Extension

Ensure your wrist is supported. Gently open and close fingers as far as you are able.



Repetitions _____

Sets

Thumb Opposition

Touch the base of each finger with the tip of your thumb. Relax your hand.

Touch the tip of each finger with the tip of your thumb. Relax your hand.



Repetitions _____

Sets

References: Pictures sourced from PhysioTec

**If you have any queries or concerns please contact the
Physiotherapy Department on 024 7696 5126**

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