

Occupational Therapy

## Arm and Hand: Stretching Exercises

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Do only those exercises your occupational therapist has checked off (☑).  
Your doctor or therapist might add or change exercises just for you. If so, then always follow those instructions.

- These exercises help:
- keep your hands and arms moving
  - prevent joint stiffness
  - help with blood flow

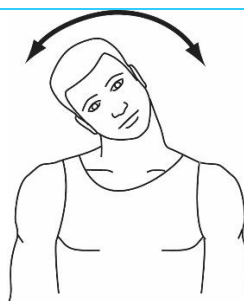
### Stretching exercises for the head and neck

- Sit in a supportive chair with your feet on the floor.
- Sit up straight and try not to lean back into the chair.

☐ Slowly drop your right ear towards your right shoulder

Slowly drop your left ear towards your left shoulder.

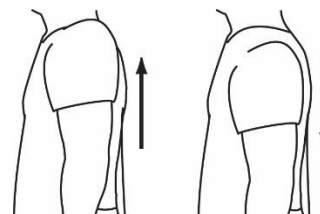
**Repeat \_\_\_ times on both sides.**



☐ Shrug your shoulders up.

Relax your shoulders

**Repeat \_\_\_ times.**



If you have questions about arm and hand exercises, contact your occupational therapist.

\_\_\_\_\_ (OT) (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

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This information does not replace the advice given to you by your healthcare provider.

## Arm and Hand: Stretching Exercises - *continued*

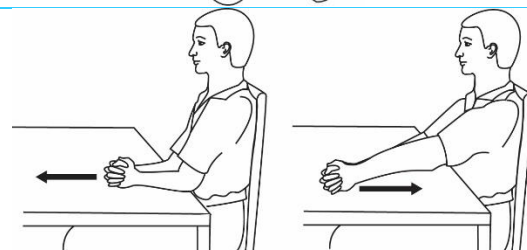
### Stretching exercises for the shoulder, elbow, and wrist

- Sit with a table in front of you
- Sit in a supportive chair with your feet on the floor.
- Sit up straight and try not to lean back into the chair.
- Clasp your hands together.

- ☐ Keep hands clasped.  
Bend your elbows.  
Rest your elbows on the table.  
Slowly bend your wrists from right to left.  
**Repeat \_\_\_ times.**



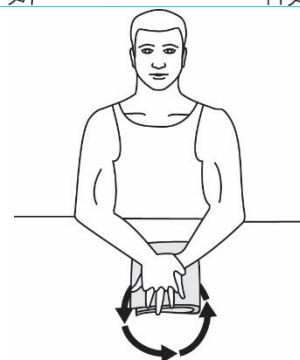
- ☐ Keep hands clasped.  
Straighten your elbows  
Slide your arms forward on the table.  
Try to reach as far as you can.  
**Repeat \_\_\_ times.**



- ☐ Keep your hands clasped.  
Straighten your elbows.  
Lift your arms up straight in front of you.  
Lower your arms to the table.  
**Repeat \_\_\_ times.**



- ☐ Place a washcloth on the table.  
Put your affected hand on the washcloth, palm down.  
Put your unaffected hand on top of your affected hand.  
'Polish the table' by moving your hands and arms around in small circles.  
Gradually increase the size of the circles.  
Change the direction of your circles and polish the other way.  
**Repeat in each direction \_\_\_ times.**



- ☐ With your elbows at your sides, alternate turning your hands palm-up and palm-down.  
**Repeat in each direction \_\_\_ times.**

