

Personal exercise program

Baby hand shoulder/ Elbow passive stretches

Coventry & Warwickshire NHS PT

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Childrens Physio, Paybody Unit, Stoney Stanton Road, CV1 4FH,
Coventry, United Kingdom

Provided for

Training start date 8/5/2024

Bending the wrist backwards and straightening fingers.



Support the baby's upper arm and bend the elbow to 90 degrees, the palm of the hand is towards you.

Move the wrist backwards keeping the fingers and thumb straight.

Repeat _____ times.

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Passive Stretch



©The Peter Pan Club & H.M.L. Jenkins

Passive stretch means that you do the stretching exercise on your child because he/she is either too young to do it for himself/herself, or because there is a contracture. A contracture is a shortening or tightening of the skin or muscles that does not allow a joint to move properly, making it difficult or impossible for the child to do it by himself/herself. This means that you must move your child's joint to stretch the scar; the child does not use his or her muscles.

Stretch the scar until it turns white. This is called blanching.

Stretching is necessary to keep the scar tissue more elastic. This, in turn, will allow your child to move more easily.

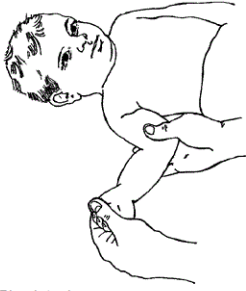


Lying on the back.

Move the arm across the chest.

Repeat _____ times.

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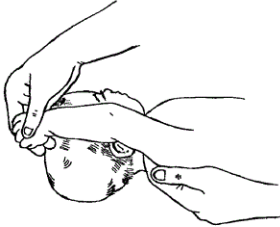
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Turning the shoulder outwards.

Support the baby's upper arm slightly away from side and bend elbow to 90 degrees.

Keeping the elbow near the surface move the back of baby's hand outwards towards the surface. Return to starting position.

Repeat _____ times.

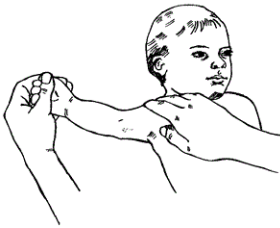


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Lifting the arm.

Lift the baby's arm with the thumb leading. Keep arm close to baby's ear. Your other hand should support and gently stimulate at the shoulder during the movement.

Repeat _____ times.



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Arm out to side.

Start with the baby's arm by the side and thumb pointing to ceiling.

With your hand move the baby's arm (thumb leading) along the surface away from body and up to the baby's ear. Your other hand should support and gently stimulate at the shoulder during the movement. Return to starting position.

Repeat _____ times.



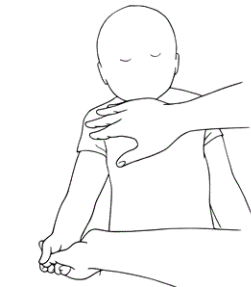
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Bending the elbow.

Support the baby's elbow with one hand and the baby's hand with your other hand. Start with baby's elbow bent at 90 degrees.

Bend baby's elbow, so palm of hand touches shoulder. Return to starting position.

Repeat _____ times.



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Lying on the back.

Rotate the forearm out, so that the palm faces upwards.

Repeat _____ times.