

Personal exercise program

Baby/infant passive

Coventry & Warwickshire NHS PT

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

Provided for _____ Test Patient



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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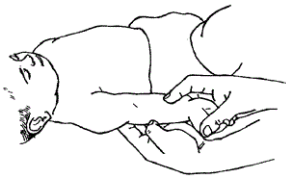
Bending the wrist to the sides.

Support the baby's upper arm and bend elbow to 90 degrees.

Move the wrist in the direction of the thumb. Return hand to mid position.

Repeat _____ times.

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Straightening the elbow.

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

Straighten baby's elbow, so the back of the hand touches the surface. 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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Turning the forearm outwards.



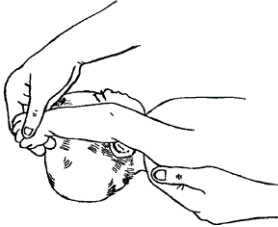
Support the baby's upper arm against the bed/surface. Bend the elbow to 90 degrees.

Turn the baby's forearm outwards so that the thumb moves away from the baby's body.

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Repeat _____ times.

Lifting the arm.

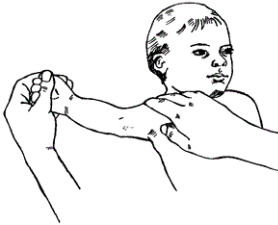


Lift the baby's arm with the thumb leading. Keep arm close to baby's ear. Your other hand should support and gently stimulate at the shoulder during the movement.

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Repeat _____ times.

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.

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Repeat _____ times.

Turning the shoulder outwards.



The baby's upper arm is at 90 degrees away from side and elbow is bent to 90 degrees. Support baby's shoulder with one hand.

Keeping baby's elbow near the surface let the forearm rotate backwards, so the back of baby's hand moves towards the supporting surface. Return to starting position.

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Repeat _____ times.
