

Personal exercise program

upper limb passive shoulder elbow and hand

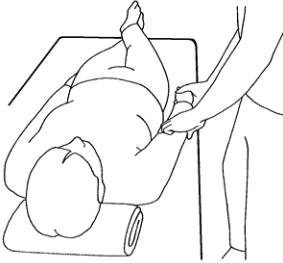
Coventry & Warwickshire NHS PT

Coventry & Warwickshire NHS PT

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

Provided for

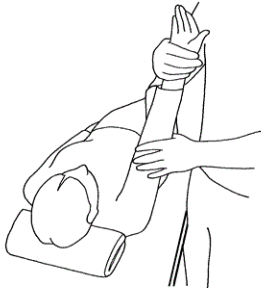
Training start date 10/16/2025



©Physiotoools

Starting position. Bringing the arm forwards and up.

Hold the hand and upper arm.



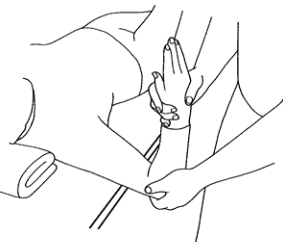
©Physiotoools

Bring the arm up while turning the palm of the hand towards the head.



©Physiotoools

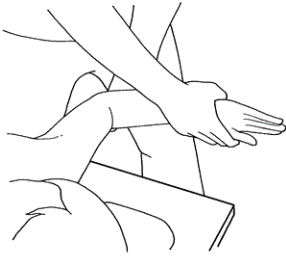
Bring the arm as close to the ear as possible.



©Physiotoools

Starting position. Rotating the shoulder outwards.

Bring the upper arm out to the side. Hold the wrist. With your other hand hold the elbow.



Keep the upper arm still while you bring the hand towards the head.

©Physiotools



Starting position. Rotating the shoulder inwards.

Hold the hand. With your other hand hold the forearm.

©Physiotools



Keep the upper arm still while you bring the hand towards the stomach.

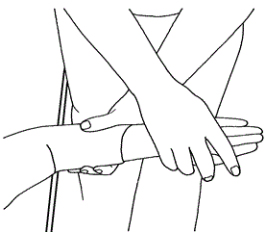
©Physiotools



Starting position. Rotating the shoulder outwards.

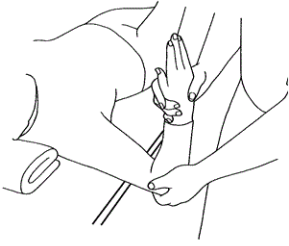
Hold the hand. With your other hand hold the elbow.

©Physiotools



Hold the upper arm against the side while you bring the hand out, away from the body.

©Physiotools



Starting position. Rotating the shoulder inwards.

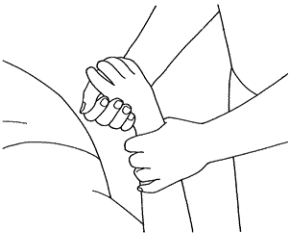
Move the upper arm out to the side. Hold the hand. With your other hand hold the elbow.

©Physiotools



Keep the upper arm still while you move the hand and elbow towards the feet getting it straight.

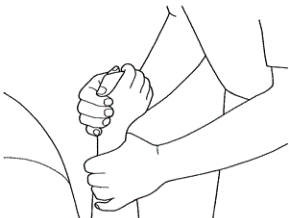
©Physiotools



Bending the wrist towards the thumb.

Hold below the wrist. With your other hand hold the hand and thumb. Bend the wrist towards the thumb.

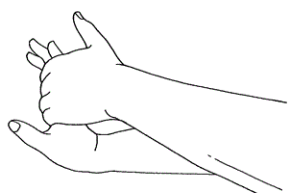
©Physiotools



Bending the wrist towards the little finger.

Hold below the wrist. With your other hand hold the hand and thumb. Bend the wrist towards the little finger.

©Physiotools



Wrist Flexor Stretch (Right arm)

Straighten the right arm, take hold of the palm of the right hand below the knuckles, pull the right hand back into extension.

Hold for _____ secs.

Repeat _____ times.

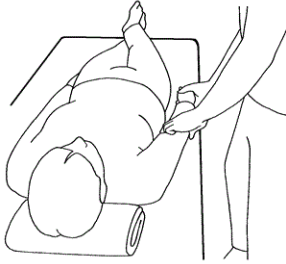
©Physiotools



Starting position. Straightening the elbow and rotating the forearm.

Hold the wrist and support the elbow.

©Physiotools



Straighten the elbow while turning the palm of the hand towards the bed.

©Physiotools
