

Upper Body: Range of Motion Exercises - Self-Directed for the Neck and Arms

Author: Sarah Housman, MS, OTR/L; Mary Pearson OTR/L

These exercises for joints of the arm and neck can help:

- maintain the range of movement;
- minimize stiffness;
- decrease pain;
- improve awareness of the weaker side of the body.
- Prepare for improved performance of daily activities

Patient Name: _____

Occupational Therapist: _____ **Phone:** _____

Instructions

- To maximize benefits, use the muscles of your weak arm as much as possible.
- Use the stronger arm to help only as needed.
- Move slowly and don't push too hard.
- The stretches should not cause pain, but you may feel your muscles stretch.
- Hold each stretch for at least five seconds. Hold longer, up to 20-30 seconds for very tight muscles.
- Perform exercises ____ times daily.

Ear Touch

Lateral Cervical Flexion

1. Keeping shoulders low, look straight ahead.
2. Move head sideways, trying to touch ear toward left shoulder.
3. Hold ear near shoulder so that you feel a stretch on the opposite side of your neck.
4. Hold for five seconds.
5. Repeat ten times.
6. Repeat on other side, moving head toward right shoulder.
7. Hold for five seconds.
8. Repeat ten times.



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Cervical Protraction and Retraction

1. Sit up tall, lean chin forward slightly.
2. Push chin back as if to make a double chin and hold.



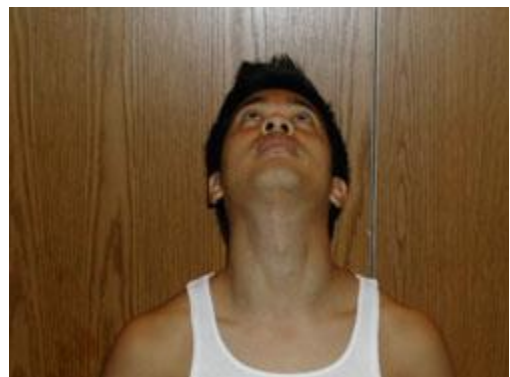
Head Turn **Cervical Rotation**

1. Turn head to the left.
2. Look to the left with your eyes as your head turns.
3. Turn only your head, not your body.
4. Hold for five seconds.
5. Repeat ten times.
6. Repeat by turning head to right and looking right with your eyes.
7. Hold for five seconds.
8. Repeat ten times.



Heads Up **Cervical Flexion/Extension**

1. Look up toward the ceiling, moving head backward.
2. Move only your head; do not arch your back.
3. Hold for five seconds.
4. Look down toward your lap, moving head forward.
5. Hold for five seconds.
6. Repeat ten times.



**Head Diagonals: Up Left, Down Right
Cervical Rotation with Flexion/Extension**

1. Turn head and look up over left shoulder.
2. Turn only your head, not your body.
3. Keep head turned, and look up and left for five seconds.
4. Repeat ten times.
5. Turn head and look down toward right hip.
6. Keep head turned, and look down and right for five seconds.
7. Repeat ten times.



**Head Diagonals: Up Right, Down Left
Cervical Rotation with Flexion/Extension**

1. Turn only your head, not your body.
2. Turn your head and look up over right shoulder.
3. Keep head turned, and look up and right for five seconds.
4. Repeat ten times.
5. Turn head and look down toward left hip.
6. Keep head turned, and look down and left for five seconds.
7. Repeat ten times.



Shoulder Blade Pinch Shoulder Girdle Retraction

1. Place both hands on lap.
2. Use the muscles of your back to press shoulder blades together.
3. Keep hands on your lap. Think about touching your elbows together behind you.
4. Hold for five seconds.
5. Relax for five seconds.
6. Repeat ten times.



Shoulder Shrugs Shoulder Girdle Elevation/Depression

1. Rest weak arm on top of strong arm.
2. Make sure elbow of weak arm rests in palm of strong hand.
3. Shrug both shoulders up toward ears.
4. Push up on weak elbow to help raise weaker shoulder.
5. Hold shoulders up for five seconds.
6. Repeat ten times.
7. Keep arms in position.
8. Use the muscles on your back to pull your shoulder blades down.
9. Think about tucking shoulder blades into your back pockets.
10. Hold shoulder blades down for five seconds.
11. Repeat ten times.



Chin Tuck
Shoulder Girdle Upward Rotation

1. Rest weak arm on top of strong arm.
2. Make sure elbow of weak arm rests in palm of strong hand.
3. Raise arms up toward chin. Do not raise higher than chin level and try to keep arms level.
4. Hold for five seconds.
5. Bring arms down.
6. Relax for five seconds.
7. Repeat ten times.



Rock the Baby
Shoulder Girdle Abduction/Adduction

1. Rest weak arm on top of strong arm.
2. Make sure elbow of weak arm rests in palm of strong hand.
3. Use stronger arm to bring weaker arm toward the right.
4. Hold for five seconds.
5. Repeat ten times.
6. Keep arms in position.
7. Use stronger arm to bring weaker arm toward the left.
8. Hold for five seconds.
9. Repeat ten times.



Two Arm Towel Stretch Shoulder Flexion

1. Sit at a table. Put a towel in front of you.
2. Place weaker arm on top of towel.
3. Place stronger hand on top of weaker hand.
4. Stretch both arms out. Slide hands forward until elbows are as straight as possible.
5. Hold for five seconds.
6. Slowly pull arms back toward your body, returning to starting position.
7. Relax for five seconds.
8. Repeat ten times.



Shoulder Internal/External Rotation

1. Bring both arms together with the elbows at 90 degrees in the shape of an “L”.
2. Keep elbows in by your side and rotate forearms to the right.
3. Now rotate to the left side slowly. Remember to keep arms in by your side.



Chopping Wood Elbow Flexion/Extension

1. Push chair away from the table so that you can reach your knees without hitting the table.
2. Grasp weaker wrist/hand with stronger hand.
3. Bend both elbows to bring weaker hand toward weaker shoulder.
4. Hold arms bent for five seconds.
5. Straighten both arms toward the stronger leg.
6. Straighten elbows as straight as possible.
7. Hold arms straight for five seconds.
8. Repeat ten times.



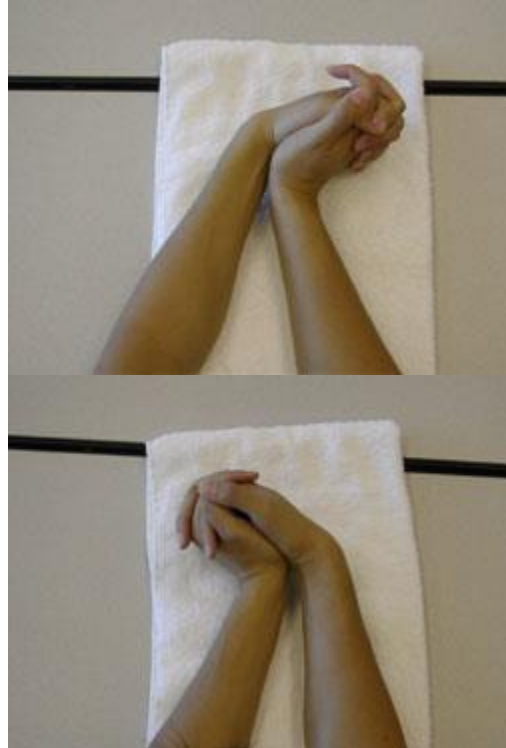
Arm Flip Forearm Supination/Pronation

1. Extend weaker arm out on table, palm facing down.
2. Using stronger arm as a guide, turn hand so palm is facing up toward ceiling.
3. Hold for five seconds.
4. Turn hand again so palm is facing down.
5. Hold for five seconds.
6. Repeat ten times.



Wrist Push/Pull
Wrist Flexion/Extension

1. Interlock fingers together.
2. Push weaker wrist back (bent out).
3. Thumb should remain facing up toward the ceiling.
4. Hold for five seconds.
5. Pull weaker wrist forward (bent in).
6. Thumb should remain facing up toward the ceiling.
7. Hold for five seconds.
8. Repeat ten times.



Close and Open Hand
Finger Flexion/Extension

1. Rest weak hand in the palm of the strong hand.
2. Bend at the knuckles to bring the weaker hand into a fist.
3. Hold fingers closed for five seconds.
4. Use stronger hand to completely straighten fingers of weaker hand.
5. If necessary, place palm of weaker hand on table, straighten out fingers and place stronger hand on top to keep fingers flat on table.
6. Hold fingers straight for five seconds.
7. Repeat ten times.



Hitch a Ride

Thumb Flexion/Extension

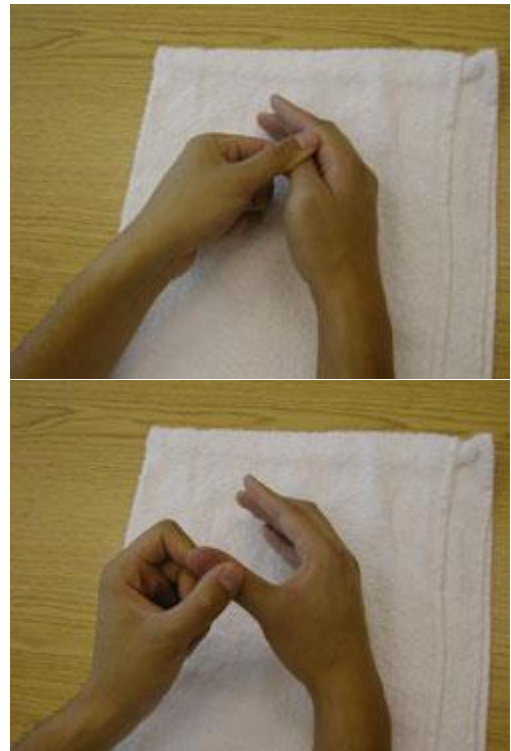
1. Hold the base of weaker thumb between thumb and index finger of stronger hand.
2. Use stronger hand to spread thumb away from index finger of other hand.
3. Hold thumb out for five seconds.
4. Use thumb and index finger of stronger hand to bend the thumb of weaker hand across palm to touch pinky.
5. Hold thumb in near small finger for five seconds.
6. Repeat ten times.



Thumb Circles

Thumb Abduction/Adduction

1. Hold base of thumb between index finger and thumb of stronger hand.
2. Gently rotate thumb in a large circle.
3. Repeat ten times.



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