

Upper Extremity Exercise Program

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These exercises are used to maintain and increase arm strength and endurance.

Do these exercises:

- ____ sitting up or ____ lying on your back
- ____ times per day
- ____ lb weights

Perform exercises slowly and with control.

Make sure to sit up straight in the chair with feet on the floor or leg rests to help with keeping an upright posture.

Therapist: _____ Phone: _____

Scissors

Start with arms out to the side and then cross in front with elbows straight.



Angels

Start with arms down at your side and raise them around and up with thumbs going up first (like angel wings).



Elevens

Start with arms at side and raise them straight up in front of you with thumbs up first.



Diagonals

Start with arms together in front with elbows straight. Raise one arm and lower the other in a diagonal pattern. Then bring arms back in front and move arms into the opposite diagonal pattern.

1.



2.



3.



4.



X's

Start with both arms out in front with fists touching. Raise both arms up to make the top of an "X". Bring the arms back together in front and then lower them down to make the bottom part of an "X".

1.



2.



3.



4.



Punches

Alternate arms and punch out in front of body.



Scarecrow

Raise arms out to the side at shoulder level with elbows bent at 90 degrees. Rotate the hands up and then down.



Double Sevens

Start with arms at side. Raise to shoulder level in front. Bring arms out to the side, back in front, and then down to sides again.



Bicep Curls

Keep elbows at the side. Bend elbow so hand comes to your shoulder.



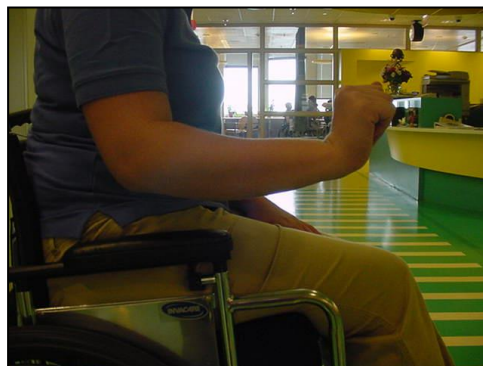
Triceps

Raise one arm up over head with elbow bent. Straighten elbow out, moving hand up toward ceiling.



Wrist Motorcycles

With hand down, let fingers straighten out and then bring the hand up in a fist. Turn palms facing up; lift fingers up to work wrist flexor muscles.



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