



## Loving Arms Elder Care

# Range of Motion Exercises: Wrists, Elbows, Forearms & Shoulders

These exercises reduce stiffness and help keep your joints flexible. The "range-of-motion" is the normal amount your joints can be moved in certain directions. If your joints are very painful and swollen, move them gently through their range of motion. You should try to move your joints through their full range of motion every day. Daily activities, such as housework, climbing stairs, dressing, bathing, cooking, lifting, or bending DO NOT move your joints through their full range of motion.

### Fingers

- Massage each hand, one at a time. Take your time; go in between each finger.
- Gently bend your hand into a fist. Straighten the fingers again.
- Finger spreads. Gently straighten out your fingers. Spread the fingers wide apart, one at a time. Then bring the fingers back together.
- Finger-to-thumb touches. One at a time, bring each fingertip to touch the thumb.
- Thumb-to-palm. Move your thumb across your palm. Bring it back out again.
- Thumb circles. Use the thumb to make wide circles.



### Wrists

- Rest your arm on a table and hang your hand over the edge. Slowly bend your wrist up and down.
- Now, move your wrist in circles to the right and to the left.
- Put your arm with your hand, palm down, on the table. Move your hand toward the little finger side. Then move the hand toward the thumb side. Keep your arm still.

### Forearms

- Place your arm at your side with elbow bent and tucked in at your side. Turn your hand so that the palm faces up to the ceiling. Now turn your hand so that the palm faces down to the floor.

### Elbows

- Place your arm down at your side with elbow straight. Bend the elbow and bring your hand up to touch your shoulder.
- Elbow bends, side to side. Hold the right arm out at shoulder level with the palm facing up. Bend the elbow. Try to touch the top of your right shoulder.

### Shoulders



# Range of Motion Exercises: Wrists, Elbows, Forearms & Shoulders ~ CONTINUED

- With your arm at your side, palm facing in, raise your arm straight out to the side, to shoulder height. Lower your arm to starting position.
- Shoulder movement, side to side. Raise the right arm out to the side to shoulder level. Raise it upward over your head as far as possible. Bring the arm back down and then swing across the body toward the left shoulder. Swing the arm back down to your side.
- Shoulder rotation. Bring the right arm out to your side. Bend the elbow so the thumb and fingers are pointing up. Rotate the arm so the thumb and fingers point down toward your toes.

Repeat the above exercises until both arms are complete.

## Exercise tips

Follow these tips to get the most benefit from your exercises

1. Do these once or twice per day.
2. Do each exercise 3 to 10 times.
3. Move slowly. Do not bounce.
4. Breathe while you exercise. Count out loud.
5. Begin exercises slowly, doing each exercise a few times only and gradually build up to more.
6. Try to achieve full range of motion by moving until you feel a slight stretch, but don't force a movement.
7. Don't try to help others do their exercises by moving their arms or legs.
8. STOP exercising if you have severe pain.