

Occupational Therapy TOOLKIT

Passive ROM Exercises - Left Hemiparesis Shoulder

Shoulder Flexion

Turn the person's palm in toward their body. Move the arm upward to shoulder level, and then move the arm back down to the side.

Repeat 5-10 times



Shoulder Abduction

Bring the person's arm out to the side and move up to shoulder level.

Repeat 5-10 times



Shoulder Rotation.

Bring the person's arm out to the side. Bend the elbow so the fingers are pointing up. Rotate the arm so the fingers point down toward their toes. Then rotate the arm so the fingers point up towards the head of the bed.

Repeat 5-10 times



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Passive ROM Exercises - Left Hemiparesis Elbow, Forearm and Wrist

Elbow Flexion and Extension

With the person's arm at their side. Bend the elbow and touch the fingertips to the front of the shoulder. Move the hand back down to the side.

Repeat 5-10 times



Forearm Supination and Pronation

Keep the person's elbow and forearm on the bed and raise their hand. Gently twist the forearm so the palm is up. Then twist it so the palm is down.

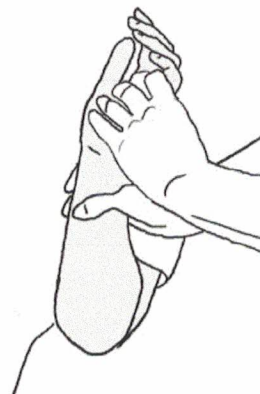
Repeat 5-10 times



Wrist Rotation

Hold the person's hand and bend it back toward the wrist. Then bend the hand down only until you feel resistance. Rock the hand back and forth sideways. Gently rotate the hand in smooth circles.

Repeat 5-10 times



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Passive ROM Exercises - Left Hemiparesis Fingers and Thumb

Finger Flexion

Place your hand on the back of the person's fingers. Gently bend their hand into a fist. Straighten their fingers again.

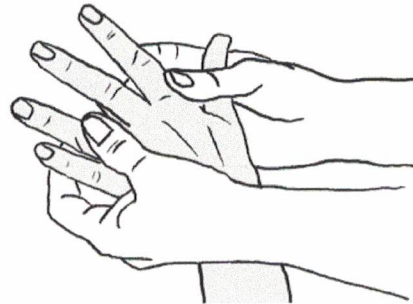
Repeat 5-10 times



Finger Abduction

Gently straighten out the person's fingers. Spread their fingers wide apart, one at a time. Then bring their fingers back together.

Repeat 5-10 times



Thumb Opposition

Move the person's thumb across their palm. Bring the thumb back out again.

Repeat 5-10 times

