

# Occupational Therapy TOOLKIT

## Self Range of Motion - Left Hemiparesis

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- Clasp your hands together. Stretch your arms forward on the table. Return to sitting upright.

Repeat 5-10 times



- Place both of your arms on a towel, on the table. Place your right hand on top of your left hand. Polish the table by making large circles to the right and then large circles to the left.

Repeat 5-10 times



- Cradle your left arm with your right arm. Push your left shoulder up.

Repeat 5-10 times



- Cradle your left arm in your right arm. Lift both arms to chest level, then move both arms side to side.

Repeat 5-10 times



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## Self Range of Motion - Left Hemiparesis

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- Grasp your left forearm. Lift your left arm up as high as you can.

Repeat 5-10 times



- Grasp your left forearm. Straighten and bend your elbow.

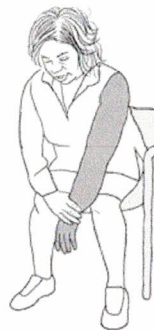
Repeat 5-10 times



- Be certain your chair is not going to move. Lock the brakes if you are sitting in a wheelchair.

Grasp your right wrist with your left hand. Lean forward and dangle your arms in front, between your legs.

Repeat 5-10 times



- Turn your left palm facing up and then turn your palm over.

Repeat 5-10 times



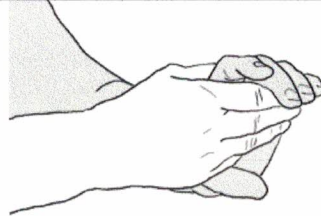
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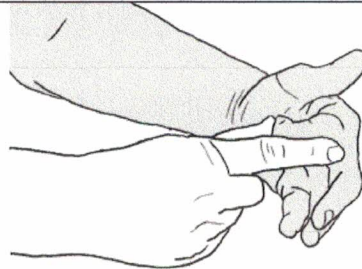
- Grasp your left hand using your right hand. Bend your wrist back. Then move your wrist from side to side.

Repeat 5-10 times



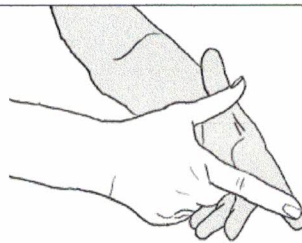
- Using your right hand, bend each finger and your thumb down into the palm of your left hand, and then straighten each completely.

Repeat 5-10 times



- Using your right hand spread the space between the thumb and first finger of your left hand.

Repeat 5-10 times



- While lying down, extend your left arm out to the side. Gently roll onto your left side. You can do this exercise during rest periods.

Repeat 5-10 times



- While lying down, clasp your hands together and place them behind your neck, relax your elbows down to the pillow. You can do this exercise during rest periods.

Repeat 5-10 times

