

Occupational Therapy TOOLKIT

Self Range of Motion - Right Hemiparesis

- 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 left hand on top of your right hand. Polish the table by making large circles to the right and then large circles to the left.

Repeat 5-10 times



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

Repeat 5-10 times



- Cradle your right arm in your left 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 - Right Hemiparesis

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

Repeat 5-10 times



- Grasp your right 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 right palm facing up and then turn your palm over.

Repeat 5-10 times

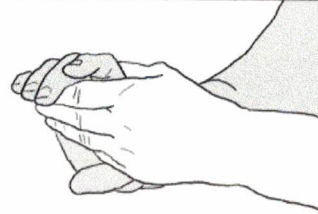


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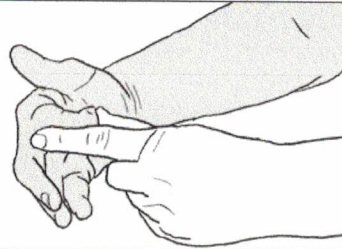
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- Grasp your right hand using your left hand. Bend your wrist back.

Repeat 5-10 times



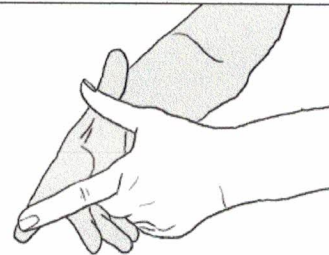
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- Using your left hand, bend each finger and thumb down into the palm of your right hand, then straighten completely.

Repeat 5-10 times



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

Repeat 5-10 times



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

Repeat 5-10 times



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- 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

