

Passive Range of Motion Exercises for the Post-Stroke Arm and Hand

Your Therapist will have gone through these exercises with you so this is a reference guide. Your therapist will also have gone through how many repetitions of each exercise you need to do.

Before Getting Started...

Gentle movement of the limb is an important exercise for the stroke survivor if they are not able to move the limb themselves.

Key points to know:

- When movements are done in lying, support the head with a pillow, support the arm on a flat pillow ·
- When movements are done in sitting, the stroke survivor should be sitting as straight as possible with their feet firmly on the floor and their arm supported on a table or pillow.
- You must support the weight of the arm firmly but do not squeeze tightly.

Shoulder Flexion – Moving the Arm Up and Down

- Support their arm just below their shoulder joint
- Your other hand holds their wrist and hand
- Slowly lift their arm up to shoulder level and stop
- Slowly lower their arm back down

Shoulder Abduction – Moving the Arm Out to the Side

- Support their arm at their elbow joint
- Your other hand holds their wrist and hand
- Move their arm out to their side, just to shoulder level
- Slowly bring their arm back down to their side

Pronation and Supination – Turning the Palm Up and Down (in sitting)

- The stroke survivor is sitting up in a chair and you are sitting beside them.
- Support their arm with your hand under their arm just above their elbow joint.
- With your other hand, hold their hand
- Gently turn their forearm and wrist together to bring their palm up.
- Gently turn their palm down.

Flexion and Extension of the Fingers – Straightening and Bending of the Fingers (in sitting)

- The stroke survivor is sitting up in a chair and you are sitting beside them.
- Support their wrist with one hand
- Hold their fingers by gripping them between your fingers and your thumb, with your thumb across their palm
- Gently bend their fingers curling them in toward their palm
- Then straighten their fingers out.
- Keep the movement slow and smooth.