Patient and Family Education
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Upper Extremity Self- Exercises for Stroke

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Right Side Hemiparesis

- Some patients may lose their ability to feel limb movements after a stroke, either fully or partially, which may make them unable to sense these movements.
- The following pictures provide evidence-based guidelines for Self-Range of Motion standardized specific upper limb exercises for stroke patients that can be used by the patient/caregiver as guided and advised by the treating occupational therapist.
- Can be done either in sitting or lying on the bed.
- Move the extremity within pain free ranges/limits and stop movements if there is pain. Repeat the movements slowly.
- Avoid stress and try to be relaxed.
- Repeat the exercise three times per day, with 10 repetitions each time. Or as advised by your therapist.
- Do not just depend on the session that you take, do this exercise for yourself and for more improvement.
- Talk to your therapist when you need.

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

Repeat _____ 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 large circles to the left

Repeat _____ times

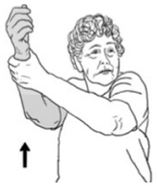
Cradle your left arm with your right arm. Push your right shoulder up

Repeat _____ times

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

Repeat _____ times

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



Repeat _____ times

Grasp your right forearm. Straighten and bend your elbow.

Repeat _____ times

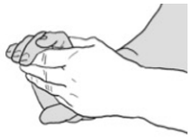
Be certain your chair is not going to move. Lock the brakes if you are sitting in a wheelchair. Grasp your right wrist with your left hand. Lean forward and dangle your arms in front, between your legs.

Repeat _____ times

Turn your right palm facing up and then turn your palm over. Then move your wrist from side to side.

Repeat _____ times

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



Repeat _____ times

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

Repeat _____ times

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

Repeat _____ times

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 _____ times

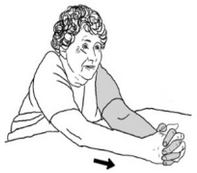
While lying down, clasp your hands together and place them behind your neck, relax your elbows down to the pillow. You can do this exercise during rest periods.

Repeat _____ times

Left Side Hemiparesis

- After stroke, many people experience difficulties in moving the upper extremity of the body, muscle tension, pain, and problems in feeling the movement and touch.
- The following pictures provide evidence-based guidelines for Self-Range of Motion standardized specific upper limb Exercises for stroke patients that can be used by the patient/caregiver as guided and advised by the treating occupational therapist.
- Can be applied either sitting or lying on the bed.
- Perform the movement until the pain limit is reached. If pain occurs, stop the movement and repeat it slowly.
- Avoid stress and try to feel relaxed.
- It is better to do it 3 repetitions per day for 10 times. Or upon your therapist's advice.
- Do not depend just on the session that you take, do this exercise for yourself and for more improvement.
- Talk to your therapist when you need.

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



Repeat _____ 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 left and large circles to the right.

Repeat _____ times

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

Repeat _____ times

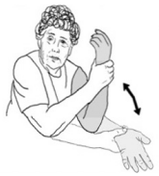
Cradle your right arm in your left arm. Lift both arms to chest level, then move both arms side to side.

Repeat _____ times

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

Repeat _____ times

Grasp your left forearm. Straighten and bend your elbow.



Repeat _____ times

Be certain your chair is not going to move. Lock the brakes if you are sitting in a wheelchair. Grasp your left wrist with your right hand. Lean forward and dangle your arms in front, between your legs.

Repeat _____ times

Turn your left palm facing up and then turn your palm over. Then move your wrist from side to side.

Repeat _____ times

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

Repeat _____ times

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

Repeat _____ times

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

Repeat _____ 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 _____ 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 _____ times