

Routine For:  
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SHOULDER - 26  
Range of Motion Exercises: Pendulum (Circular)

Let arm move in a circle clockwise, then counter-clockwise, by rocking body weight in a circular pattern.



Repeat 15 times.  
Do 3 sessions per day.

HAND - 17  
AROM: Wrist Flexion/Extension



Actively bend wrist forward then backward as far as possible.  
Repeat 15 times. Do 3 sessions per day.

HAND - 38  
PROM: Elbow Flexion and Extension



Grasp involved arm at wrist and gently bend elbow as far as possible. Hold 5 seconds, then straighten arm as far as possible.

Repeat 15 times per set. Do 2 sets per session.  
Do 3 sessions per day.

HAND - 8  
AROM: Finger Flexion/Extension

Actively bend fingers of involved hand. Start with knuckles furthest from palm, and slowly make a fist. Hold 10 seconds. Relax. Then straighten fingers again as far as possible.



Repeat 15 times.  
Do 3 sessions per day.