

## Upper Body: Arm Strengthening Exercises with Tabletop Support

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These exercises for the joints of the arm can help:

- Strengthen weak arm muscles;
- Improve range of motion;
- Minimize stiffness and pain.

### Instructions

- Use the muscles of your weak arm as much as possible.
- Use the stronger arm to help guide the weaker arm only as needed.
- Move slowly.
- The movements should not cause pain, but you may feel your muscles stretch.
- Hold each stretch for at least five seconds. Hold longer, about 20-30 seconds for very tight muscles.
- Repeat each exercise ten times.
- Perform exercises \_\_\_\_ times per day.

**Patient Name:** \_\_\_\_\_ **Occupational Therapist:** \_\_\_\_\_  
**Phone:** \_\_\_\_\_

### Exercises

#### Shoulder and Elbow Flexion/Extension



1. Place towel on the table
2. Place weaker arm on top of towel.
3. Using the strength of your shoulder and elbow, stretch your arm out in front of you
4. Try to keep arm as straight as possible.

- Using the strength of your weaker arm, bend your elbow.
- Pull arm back towards you.



### **Shoulder Abduction/Adduction**

- Using the strength of your shoulder, slide arm out away from you.
- Try to keep elbow straight and move only at the shoulder.
- Slide arm in and around toward the opposite side of your body.
- Try to keep elbow straight and move only at the shoulder.

### **Shoulder Internal/External Rotation**



- Bend arm at elbow and tuck elbow in at your side.
- Pull your arm in, toward your body.
- Now slide hand out away from your body.
- Keep elbow tucked in as much as possible. (You may need to use stronger hand to hold the weaker elbow in during this movement).



### **Forearm Supination/Pronation**

- Place weaker elbow on the table.
- Allow weaker forearm to rest in the palm of the stronger hand.

3. Using the strength of your weaker arm, turn palm toward you.
4. Keep hands in the same position.
5. Using the strength of your weaker arm, turn your palm away from you.



### **Wrist Flexion/Extension**

1. Hold weaker arm behind the wrist with your stronger hand, and lift the weaker arm slightly off the table. This will help your weaker hand to move without rubbing on the table.
2. Using the strength of your weaker arm, bend wrist forward.
3. Using the strength of your weaker arm, bend wrist backward.

### **Finger and Thumb Flexion/Extension**



1. Hold weaker arm behind the wrist with your stronger hand, and lift the weaker arm slightly off the table. This will help your weaker hand to move without rubbing on the table.
2. Using the strength of your weaker hand, close fingers into a fist.
3. Using the strength of your weaker hand, open all of your fingers and straighten thumb.

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