

**Exercise plan:**  
**Shoulder and Upper Limb Mobilising Exercises**

**Patient:**  
**General Exercise**

**Date:**  
**15th May 2020**



### Pendulum 2

Lean over holding on to a chair or table, let your arm hang down by your side, and swing your arm gently from front to back. Try to let momentum and gravity move your arm. Go forwards and then backwards. This exercise is a great way to passively mobilise a stiff shoulder.

**Hold for n/a | Repeat 5 times | Perform 2 times daily | Perform both sides**

Video: <https://youtu.be/Tl0jilx5WM>



### Pendulum

Lean over holding on to a chair or table, let your arm hang down by your side, and swing your arm gently in circles. Try to let momentum and gravity move your arm. Go anti-clockwise and clockwise. This exercise is a great way to passively mobilise a stiff shoulder.

**Hold for n/a | Repeat 5 times | Perform 2 times daily | Perform both sides**

Video: <http://youtu.be/YYvI59eU78M>

### Shoulder Rolls

Standing with good posture, and your arms by your side, move your shoulders backwards, up, forwards and down in a circular movement. Your arms remain by your side.

**Hold for n/a | Repeat 5 times | Perform 2 times daily | Perform both sides**

Video: <http://youtu.be/X7NtgY9kCCM>





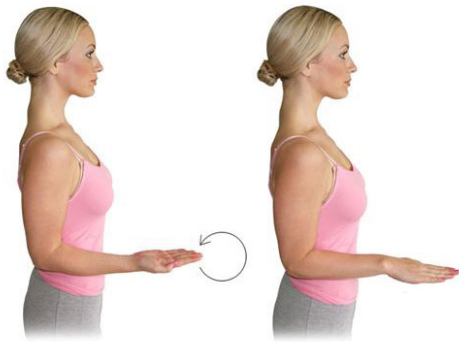
### Elbow Flexion

Bend your elbow to your end of range, and then relax to allow your arm to hang down. This will help mobilise your elbow joint.

**Hold for n/a | Repeat 5 times | Perform 2 times daily | Perform both sides**

Video: [http://youtu.be/HiyVS\\_7hrG8](http://youtu.be/HiyVS_7hrG8)

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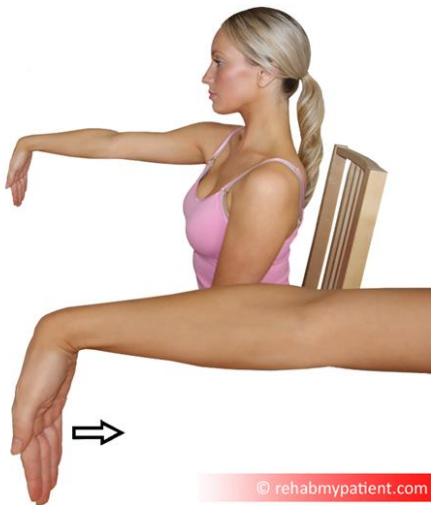
### Elbow Flexion Pronation

Bend your arm to 90 degrees, and rotate your forearm up and down. This will help mobilise your elbow joint.

**Hold for n/a | Repeat 5 times | Perform 2 times daily | Perform both sides**

Video: <http://youtu.be/1vNGtyv0xbo>

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### Wrist Flexion

Bend your wrist. This exercise will help improve the mobility of your wrist.

**Hold for n/a | Repeat 5 times | Perform 2 times daily | Perform both sides**

Video: <http://youtu.be/ZwWbkgXE31k>

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### Wrist Extension

Extend your wrist, by bending your hand backwards. This exercise will help improve the mobility of your wrist.

**Hold for n/a | Repeat 5 times | Perform 2 times daily | Perform both sides**

Video: <http://youtu.be/mdrFgA30AwE>

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## Ulnar and Radial Deviation



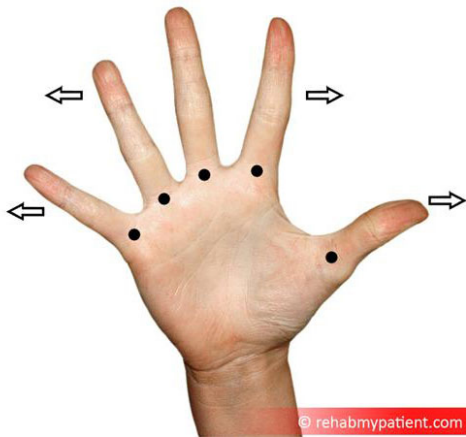
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Hold your arm in front of you, with your thumb facing up. Deviate your hand to one side, and then the other. This exercise will help improve the mobility of your wrist.

**Hold for n/a | Repeat 5 times | Perform 2 times daily | Perform both sides**

Video: <http://youtu.be/PQ33Dz5eoDE>

## Finger Abduction Active



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Start with your fingers together. Spread all your fingers wide apart from each other. Use this exercise to stretch your fingers out.

**Hold for n/a | Repeat 5 times | Perform 2 times daily | Perform both sides**

Video: <http://youtu.be/ISYoY72YD6s>

## Finger Flexion Active



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Make a fist with your hand. Hold this position, and then relax the fingers. Use this exercise to increase finger mobility, especially if you have difficulty gripping.

**Hold for n/a | Repeat 5 times | Perform 2 times daily | Perform both sides**

Video: <http://youtu.be/4NZ2drULuzc>

These exercises are designed as a general mobilising programme, rather than a specific treatment programme for a particular individual's needs or dysfunctions. Please undertake the exercises safely, holding onto to something strong and stable when standing. Work with control and within comfort, maintaining good postural alignment - stop any exercise that causes pain or conflicts with advice from your Therapist, Doctor, or Consultant.

Try to keep mobile throughout the day and vary your activities - be careful if undertaking activities that are new or which you haven't been doing regularly recently - build up the time and difficulty gradually over time.

If you have a particular condition or any questions regarding an exercise, just email us on [info@achievehphysio.co.uk](mailto:info@achievehphysio.co.uk) or phone on 07702 871780.

Good luck and keep with it!