

GRASP

Graded
Repetitive
Arm
Supplementary
Program



Exercise manual

Level 1



This research project is funded by UBC and the Heart and Stroke Foundation



Finding answers. For life.

Welcome to the Grasp study!

Thank you for volunteering your time for this program. The exercises that you will do have been designed specifically for you.

There are lots of benefits to doing these exercises. Research has shown that adding 20 more hours of arm therapy during your hospital stay can:

- Strengthen your weaker arm
- Improve the range of motion of your weaker arm
- Improve your ability to use your weaker arm in daily activities
- Decrease pain in your weaker arm, and
- Improve life satisfaction

The study therapist (she or he is called the site coordinator) will help you learn the exercise program and check on your progress regularly. The study therapist will not be doing the exercises with you on a daily basis. Remember this is a **HOMEWORK** based program so **YOU** are responsible for doing your exercises daily. We hope that your family and friends will support and help you with your exercise program.

We are asking you to do 1 hour of prescribed exercises 7 days a week. You can divide the exercises up into 2 – 30 minute sessions if you want.

We ask that you please check off the exercises that you complete each day on the Log Sheet in your exercise book.

You are encouraged to continue these exercises once you are discharged from the hospital. You will be able to take home the equipment and the manual. We will be calling you to find out how you are doing at home.

Safety

Please tell your site coordinator as soon as possible if

- pain stops you from doing your exercises
- you feel so tired after doing your exercises that you cannot participate fully in your regular daily therapy,

Remember that this program has been designed especially for your arm ability. This means that you should **NOT** share your program or exercise kit with other patients. Please understand that if you do

share your program, you will be asked to return your exercise kit and will no longer be involved in the study.

We want to encourage your family to do the exercise program with you. Here are some ways they can be involved:

- some exercises can be done with a partner (these exercises are identified in this manual)
- help organize the exercise equipment for quick changes between exercises
- help put exercise equipment away after each exercise is done
- help keep track of the exercises on the daily Log Sheet
- and most of all help encourage and motivate!

We think you will enjoy this program and we welcome any questions or concerns.

Have fun!



Total Arm Stretch

- Sitting straight in your chair, lean forward over your knees.
- Make sure that your arms hang loosely, in a relaxed stretch.
- You should feel a pull through your shoulders.
- Hold the stretch for a count of 10 and then slowly straighten up.
- Repeat 2 times.



Shoulder Shrug

- Sit in a chair with your arms by your side.
- Make sure your back is touching the back of the chair.



- Raise your shoulders towards your ears for a count of 3
- Return to the starting position.



- Repeat 5 times.

The Twist

- Make sure your back is touching the back of the chair for the whole exercise.
- Clasp your hands together and pull forward until you feel a stretch through your back.
- Turn your body to the left. Hold for a count of 3.
- Turn your body to the right. Hold for a count of 3.
- Repeat 5 times for each side.



Hand and Wrist Stretch

- Place your palms together.
- Push the left hand against the right.
- Hold for a count of 3.
- Push the right hand against the left.
- Hold for a count of 3.
- Repeat 5 times for each side.

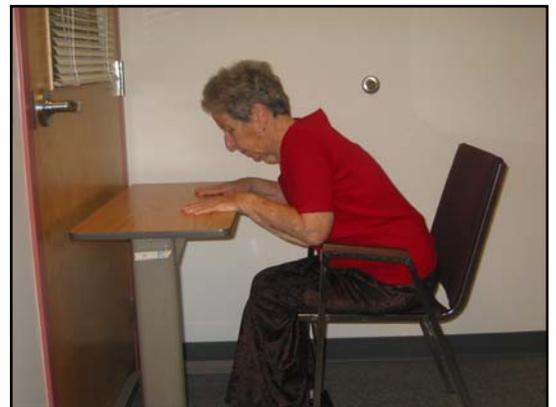


- If it is hard to put your hands flat together, make a fist with your weaker hand and place your stronger hand over top .



Push-ups!

- Place the table against a wall
- Place your hands on the table-palms down or you can place your palms on the edge of the table.
- Lean your chest towards the table for a count of 5.
- Push away from the table for a count of 5.
- Repeat 5 times.



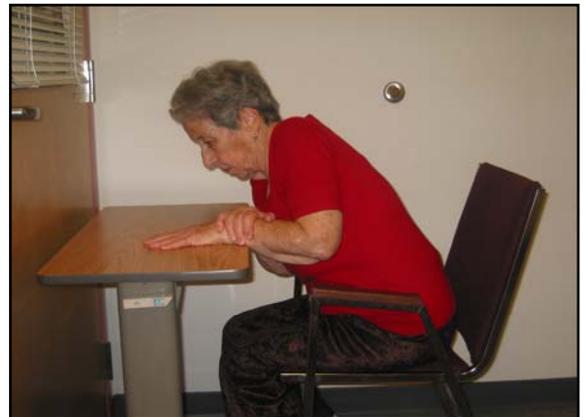
Try and put as much weight as you can through your arms



If you cannot put your weaker hand flat on the table, place your forearms on the table and then do the push-up.

One arm push-ups

- Place your weaker hand flat on the table. Use your stronger hand to help keep your hand in place.
- Lean your chest towards the table for a count of 5.
- Push away from the table for a count of 5.
- Repeat this exercise 10 times.
- Try to put as much weight as you can through your weaker hand



TIPS

The following exercises are for increasing arm strength. If you feel like your arm is tired or stiffing up (hard to move) try the following:

1. take a rest break of 30 seconds between exercises
2. rotate between doing the exercise on your weaker and stronger arm
3. do the exercise without the weight

Shoulder Exercises: Arm to the Front

- Place the weight around your weaker wrist or palm.
- Raise your arm as high as you can but not higher than your shoulder, for a count of 3.
- Lower your arm down for a count of 3.
- To help keep your shoulder from hiking up, place your stronger hand on it.



- 2 sets of 5 repetitions
- 3 sets of 5 repetitions

Shoulder Exercises: Arm to the Side

- Place the weight around your weaker wrist or palm.
 - Raise your arm out to the side as high as you can but not higher than your shoulder, for a count of 3.
 - To help keep your shoulder from hiking up, place your stronger hand on it.
 - Lower your arm down for a count of 3.
- 2 sets of 5 repetitions
 - 3 sets of 5 repetitions



Elbow Exercises

- Put the weight around your weaker wrist.
- Place your hand, palm up, on the table



- Move your hand towards your shoulder for a count of 3.
- Lower your hand down for a count of 3.



- 2 sets of 5 repetitions
- 3 sets of 5 repetitions

Wrist Exercises – Part 1

- Put the weight around the fingers and knuckles of your weaker hand.
- Put your forearm on the table palm facing down.
- Stabilize your weaker arm with your stronger hand.
- Lift your wrist as high as you can for a count of 3.
- Lower your wrist down for a count of 3.



- 2 sets of 5 repetitions
- 3 sets of 5 repetitions

Wrist Exercises – Part 2

- Keep the weight on your hand.
- Place your arm on the table with your hand over the edge.
- Stabilize your weaker arm with your stronger hand.
- Lift your wrist as high as you can for a count of 3.
- Lower your wrist down for a count of 3.



- 2 sets of 5 repetitions
- 3 sets of 5 repetitions

Total Arm Stretch

- Sitting straight in your chair, lean forward over your knees.
- Make sure that your arms hang loosely, in a relaxed stretch.
- You should feel a pull through your shoulders.
- Hold the stretch for a count of 10 and then slowly straighten up.
- Repeat 2 times.



TIPS

- The following exercises are to increase the strength of your hand.
- If you find you have a hard time opening your hand after doing a few of the exercises try the following:
 1. take a 30 second break,
 2. rotate between doing the exercises with your weaker and stronger hand, and
 3. instead of using the gripper, use the ball

Grip Power

- Place your weaker arm on the table.
- Place the gripper in your palm between your knuckles and your thumb pad.
- Squeeze the gripper as hard as you can for a count of 3.
- Relax your hand for a count of 3.



- 2 sets of 5 repetitions
- 3 sets of 5 repetitions
- 2 sets of 8 repetitions

Remember to focus on opening your hand

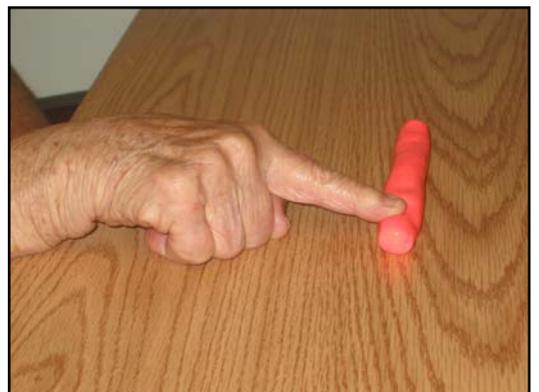
Squeeze!!!!

- Place your weaker arm on the table
- Place the ball in your hand and squeeze as hard as you can for a count of 5.
- Relax your hand for a count of 5.
- ❑ 2 sets of 5 repetitions
- ❑ 3 sets of 5 repetitions
- ❑ 2 sets of 8 repetitions



Finger Power

- Place the putty on the table and roll into a thick rope.
- Take each finger of your weaker hand, starting with your thumb, and push into the putty
- After you finish all 5 fingers, take a 30 second break. Then repeat two more times.



TIPS

The following exercises are to help increase range of motion, increase coordination, and increase your ability to do your day to day activities.

If you find your arm is tired or it is stiffing up try the following:

1. take rest breaks of 30 seconds after each exercise
2. rotate between doing the exercise with your weaker and stronger arm/hand
3. decrease the amount of repetitions you do the exercise

Waiter – Bean bag

- Place the bean bag in your weaker hand.
- Pick the bean bag up and move it to the 1st dot. **Drop** the bean bag on the dot and place your weaker hand in your lap.
- Then reach with your weaker hand to pick up the bean bag, placing it on dot 2 etc. until you have dropped the bean bag on each dot
- Once you have finished the arc, start at dot 5 and re-trace your steps.
- Repeat 3 times.



Waiter – cup

- Follow the arc pattern you did with the bean bag with a cup, do it 3 times.
- Repeat the arc pattern with the cup but do it as fast as you can, do it 3 times.



Start the ball rolling with a partner

- Sit at each end of the long side of the table
- Roll or push the ball back and forth with your weaker hand
- Roll the ball between you so each person catches the ball 10 times
- Now do it as fast as you can 10 times.



Start the ball rolling

No partner

- Place your hands shoulder width apart.
- Roll or push the ball back and forth between your hands
- Continue until you have caught the ball with your weaker hand 20 times



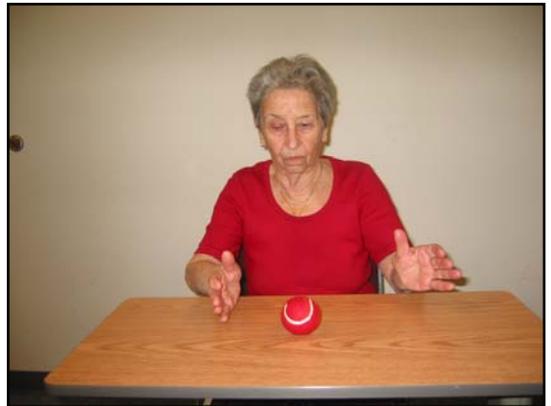
If this is **easy** for you try rolling the ball faster or placing your hands further apart

If this is **hard** for you, use the bean bag and push it towards each hand.

Start the ball rolling

Advanced

- Place your weaker hand in your lap and your stronger on the table.
- Roll or push the ball and try to catch the ball with your weaker hand.
- Continue until you have caught the ball with your weaker hand 20 times.



Wash Cloth

- Take the towel and fold in half length wise
- Place one hand on each end of the towel
- Twist the towel back and forth like you are wringing out a wet wash cloth



- 2 sets of 5 repetitions
- 3 sets of 5 repetitions
- 2 sets of 8 repetitions



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Total Arm Stretch

- Sitting straight in your chair, lean forward over your knees.
- Make sure that your arms hang loosely, in a relaxed stretch.
- You should feel a pull through your shoulders.
- Hold the stretch for a count of 10 and then slowly straighten up.
- Repeat 2 times.



Shoulder Shrug

- Sit in a chair with your arms by your side.
- Make sure your back is touching the back of the chair.



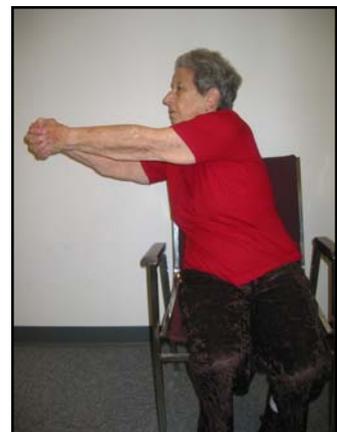
- Raise your shoulders towards your ears for a count of 3
- Return to the starting position.



- Repeat 10 times.

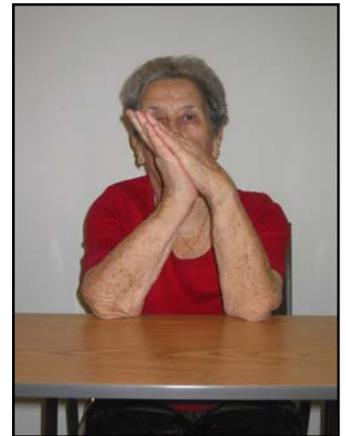
The Twist

- Make sure your back is touching the back of the chair for the whole exercise.
- Clasp your hands together and pull forward until you feel a stretch through your back.
- Turn your body to the left. Hold for a count of 3.
- Turn your body to the right. Hold for a count of 3.
- Repeat 5 times for each side.

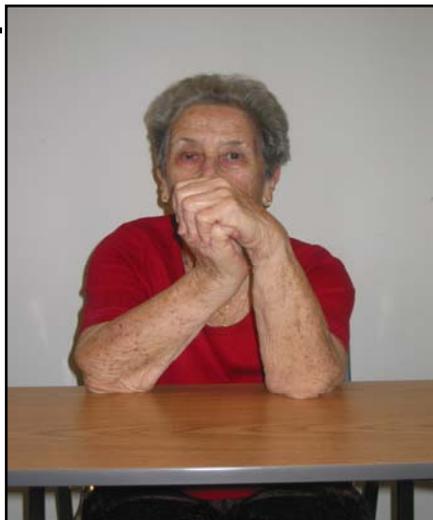


Hand and Wrist Stretch

- Place your palms together.
- Push the left hand against the right.
- Hold for a count of 3.
- Push the right hand against the left.
- Hold for a count of 3.
- Repeat 5 times for each side.



- If you cannot put your hands together, make a fist with your weaker hand and place your stronger hand over.



Push-ups!

- Place the table against a wall
- Place your hands on a table -palms down or palms on edge of table.
- Lean your chest towards the table for a count of 5.
- Push away from the table for a count of 5.
- Repeat 10 times.



Try to put as much weight as you can through your weaker hand.

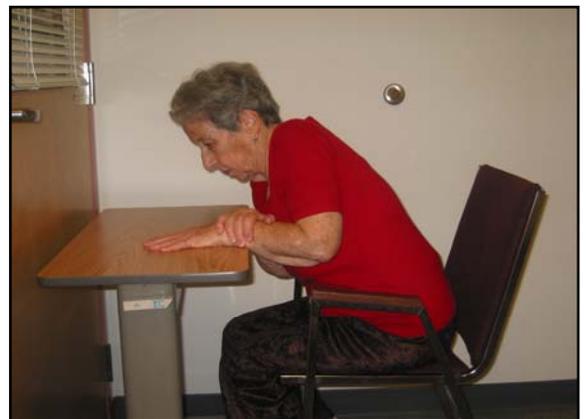
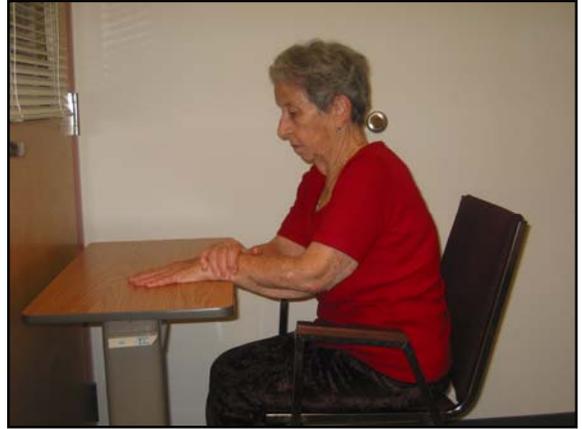


If you cannot put your weaker hand flat on the table, place your forearms on the table and then do the push-up.

One arm push-ups

- Place your weaker hand flat on the table. Use your stronger hand to help keep your hand in place.
- Lean your chest towards the table for a count of 5.
- Push away from the table for a count of 5.

- ❑ 3 sets of 5 repetitions
- ❑ 2 sets of 8 repetitions
- ❑ 3 sets of 8 repetitions

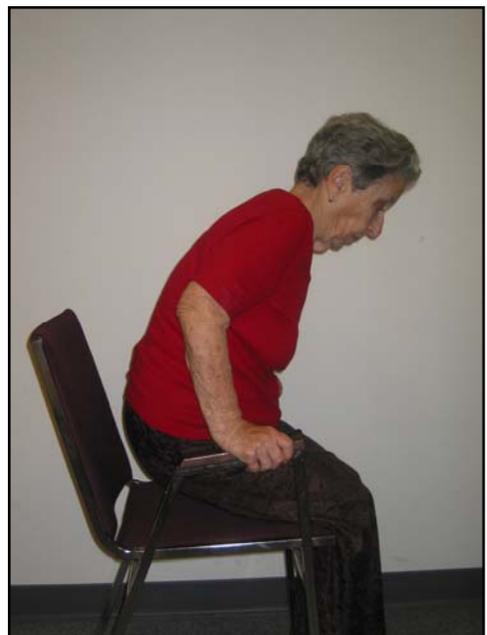
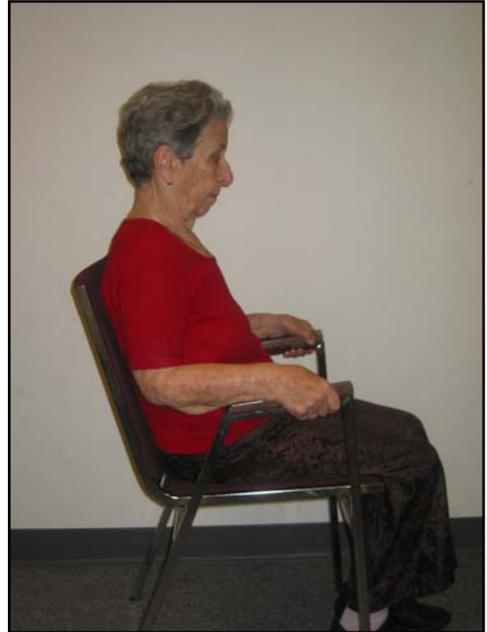


Try to put as much weight as you can
Through your weaker hand

Chair-ups

- Sit in a chair with both your hands on the arm rests.
- Using your arms NOT your legs, push your body upwards so that your bottom comes off the chair.
- Hold for a count of 3.
- Lower yourself for a count of 3.

- ❑ 3 sets of 5 repetitions
- ❑ 2 sets of 8 repetitions
- ❑ 3 sets of 8 repetitions



Put as much weight as can through your arms
NOT YOUR LEGS when pushing up.

TIPS

The following exercises are for increasing arm strength. If you feel like your arm is tired or stiffing up (hard to move) try the following:

1. take a rest break of 30 seconds between exercises
2. rotate between doing the exercise on your weaker and stronger arm
3. do the exercise without the weight

Shoulder Exercises: Arm to the Front

- Place the weight around your weaker wrist or palm
- Raise your arm up as high as you can but no higher than your shoulder, for a count of 3.
- Lower your arm down for a count of 3.



- ❑ 3 sets of 5 repetitions
- ❑ 2 sets of 8 repetitions
- ❑ 3 sets of 8 repetitions



Shoulder Exercises: Arm to the Side

- Place the weight around your weaker wrist or palm
 - Raise your arm out to the side as high as you can but not higher than your shoulder, for a count of 3.
 - Lower your arm down for a count of 3.
- 3 sets of 5 repetitions
 - 2 sets of 8 repetitions
 - 3 sets of 8 repetitions



Elbow Exercises

- Put the weight around your weaker wrist.
- Place your hand, palm up, on the table



- Move your hand towards your shoulder for a count of 3.
- Lower your hand down for a count of 3.



- ❑ 3 sets of 5 repetitions
- ❑ 2 sets of 8 repetitions
- ❑ 3 sets of 8 repetitions

Wrist Exercises – Part 1

- Put the weight around the fingers and knuckles of your weaker hand.
- Put your forearm on the table palm facing down.
- Stabilize your weaker arm with your stronger hand.
- Lift your wrist as high as you can for a count of 3.
- Lower your wrist down for a count of 3.



- 3 sets of 5 repetitions
- 2 sets of 8 repetitions
- 3 sets of 8 repetitions

Wrist Exercises – Part 2

- Keep the weight on your hand.
- Place your arm on the table with your hand over the edge.
- Stabilize your weaker arm with your stronger hand.
- Lift your wrist as high as you can for a count of 3.
- Lower your wrist down for a count of 3.



- ❑ 3 sets of 5 repetitions
- ❑ 2 sets of 8 repetitions
- ❑ 3 sets of 8 repetitions

Total Arm Stretch

- Sitting straight in your chair, lean forward over your knees.
- Make sure that your arms hang loosely, in a relaxed stretch.
- You should feel a pull through your shoulders.
- Hold the stretch for a count of 10 and then slowly straighten up.
- Repeat 2 times.



TIPS

- These exercises are for increasing the strength of your hand.
- If you find it is getting hard to open and close your hand after a few exercises here are some tips to follow:
 1. take a 30 second break,
 2. rotate between doing the exercise with your strong and weak hand, and
 3. use the ball instead of the gripper.

Grip Power

- Place your weaker arm on the table.
- Place the gripper in your palm between your knuckles and your thumb pad.
- Squeeze the gripper as hard as you can for a count of 3.
- Relax your hand for a count of 3.

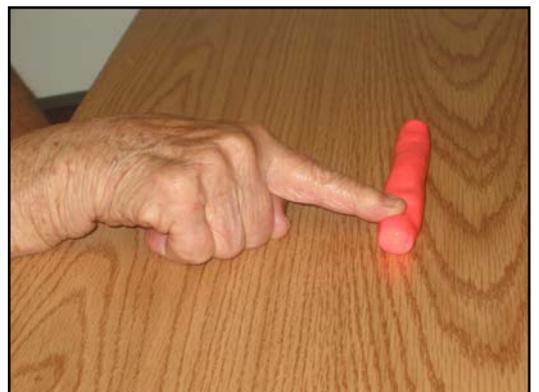


- ❑ 3 sets of 5 repetitions
- ❑ 2 sets of 8 repetitions
- ❑ 3 sets of 8 repetitions
- ❑ 2 sets of 10 repetitions

Focus on opening your hand

Finger Power

- Place the putty on the table and roll into a thick rope.
- Take each finger of your weaker hand, starting with your thumb, and push into the putty
- After you finish all 5 fingers, take a 30 second break. Then repeat two more times.



The Twist

- Place the putty on the table and roll into a thick rope.
 - Hold the putty rope in your stronger hand.
 - Using the thumb, index, and middle finger of your weaker hand, twist the putty along the rope.
-
- ❑ 3 sets of 5 repetitions
 - ❑ 2 sets of 8 repetitions
 - ❑ 3 sets of 8 repetitions



Finger Strength

- Roll the putty into a ball.
 - Hold the putty ball in your stronger hand.
 - Take one finger at a time, start with your thumb, and push it into the putty ball.
-
- 2 sets of 5 repetitions
 - 3 sets of 5 repetitions



Cutting

- Take the putty and flatten it on the table.
- Take the knife and fork, as you would usually do, and cut the putty into 4 evenly shaped pieces
- Re-shape into a pancake and
 - 1 set of 3 repetitions
 - _____



TIPS

The following exercises are to help increase range of motion, increase coordination, and increase your ability to do your day to day activities.

If you find your arm is tired or it is stiffing up try the following:

1. take rest breaks of 30 seconds after each exercise
2. rotate between doing the exercise with your weaker and stronger arm/hand
3. decrease the amount of repetitions you do the exercise

Waiter – Ball

- Place the ball in your weaker hand.
- Place the ball on the 1st dot. Leave the ball on the dot and place your weaker hand in your lap.
- Then reach with your weaker hand to pick up the ball and place the ball on the 2nd dot. Continue this pattern until you have placed the ball on each dot.
- Once you have finished the arc, start at dot 5 and re-trace your steps.
- Repeat 3 times.
- Then, repeat as fast as you can 2 times!



Waiter – cup

- Follow the same arc pattern you did with the ball, with a cup 2 times.



Advanced Waiter

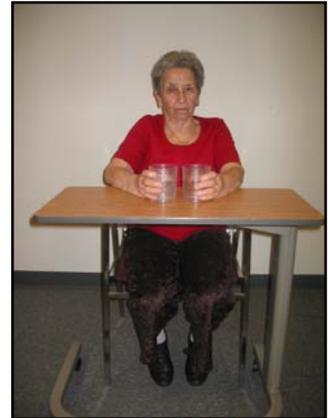
- Place the target board on the ground about 6" in front of your chair.
- Place the ball in your weaker hand.
- Hold on to the arm rest with your stronger hand and lean forward.
- Place the ball on dot 1 - now sit upright with back against chair.
- Lean forward and pick up the ball placing it on dot 2, sit up. Repeat this process for each dot.
- Repeat 3 times.



If at any time you feel dizzy **STOP** and rest for 1 minute. Try again but if you continue to feel dizzy go to next exercise

Pouring

- Place two cups on the table, one half full of water.
- Hold the empty cup with your stronger hand, pick up the cup with water with your weaker hand.
- Pour the water into the empty cup. Pour back and forth 20 times.



Start the ball rolling with a partner

- Sit at each end of the long side of the table
- Roll or push the ball back and forth with your weaker hand
- Roll the ball between you so each person catches the ball 10 times
- Now do it as fast as you can 10 times.



Start the ball rolling

No partner

- Place your hands shoulder width apart.
- Roll or push the ball back and forth between your hands
- Continue until you have caught the ball with your weaker hand 20 times



If this is **easy** for you try rolling the ball faster or placing your hands further apart

If this is **hard** for you, use the bean bag instead of the ball.

Start the ball rolling

Advanced

- Place your weaker hand in your lap and your stronger on the table.
- Roll or push the ball and try to catch the ball with your weaker hand.
- Continue until you have caught the ball with your weaker hand 20 times.



Drop and Catch

- Place the ball in your stronger hand.
- Raise this arm as high as you can but not higher than your shoulder.
- Place your weaker hand on the table.
- Drop the ball and try and catch it with your weaker hand.
- Repeat 10 times
- Then switch and drop the ball with your weaker hand 10 times



If it is hard to use the ball,
use the bean bag instead.

Total Arm Stretch

- Sitting straight in your chair, lean forward over your knees.
- Make sure that your arms hang loosely, in a relaxed stretch.
- You should feel a pull through your shoulders.
- Hold the stretch for a count of 10 and then slowly straighten up.
- Repeat 2 times.



TIPS

These exercises are to help improve your hand skills. You may hear these exercises called fine motor skills in the hospital.

If you find your hand is cramping try the following:

1. take a 30 second rest break
2. rotate between doing the exercises with weaker and stronger hand
3. decrease the repetitions for the exercise.

Laundry

- Use both hands for the following exercise.
- Take the towel provided and place it on the table
- Fold it in half and then in half again using your weaker hand as much as possible. Then unfold it.
- Fold and unfold the towel 3 times



Buttons

- Take a shirt with buttons out of your closet.
- Put it on and do up the buttons.
- Now undo the buttons.
- Repeat this 3 times.

If you do not have a shirt with buttons, please have a family member bring you one from home.

Hanging up the Clothes

- Place a cup on the table.
 - Using your weaker hand, take each clothes peg and clip it on the edge of the cup.
 - Using your weaker hand, take each peg off the cup and place on the table.
-
- ❑ 3 sets of 5 repetitions
 - ❑ 2 sets of 8 repetitions
 - ❑ 3 sets of 8 repetitions



If this is **EASY**, ask your coordinator for the smaller pegs

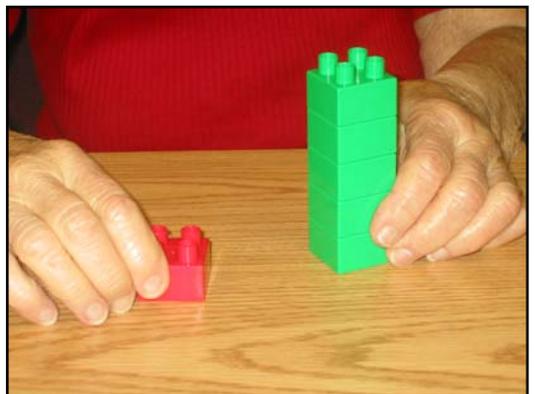


Lego

- Put your Lego on the table.
- Using your weaker hand, stack the big Lego blocks into a tower
- Using your weaker hand, un-stack the tower.
- Repeat using the smaller Lego

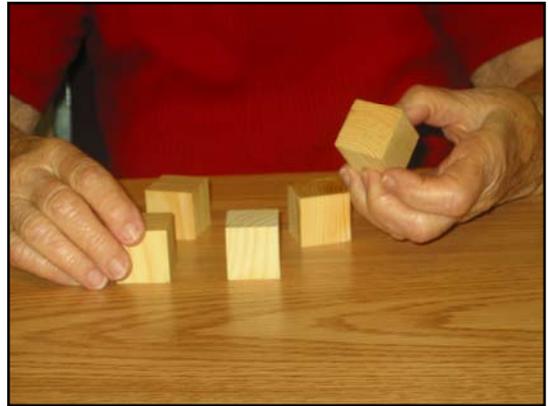


- 3 sets of 5 repetitions
- 2 sets of 8 repetitions
- 3 sets of 8 repetitions

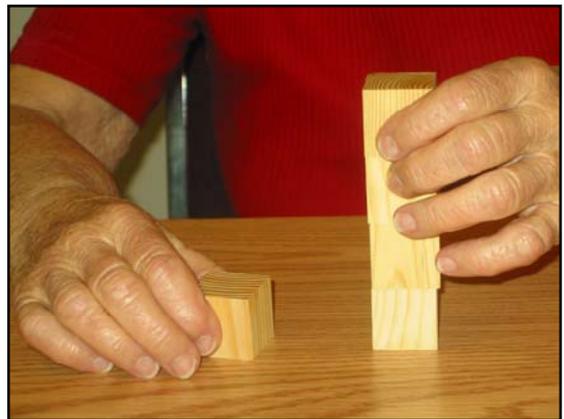


Block Towers

- Put your blocks on the table.
- Using your weaker hand, stack the blocks into a tower.



- Using your weaker hand, un-stack the tower.



- 3 sets of 5 repetitions
- 2 sets of 8 repetitions
- 3 sets of 8 repetitions

Remember to use your fingers to pick up the blocks **not** your whole hand.

Pick up Sticks

➤ Put your sticks and a cup on the table.

➤ Using your weaker hand, take each stick and place in the cup.

➤ Using your weaker hand, turn the cup upside down and dump them out.

- 3 sets of 5 repetitions
- 2 sets of 8 repetitions
- 3 sets of 8 repetitions



If this is **easy**
use the smaller sticks



Paper Clips

- Take each paper clip and place in the cup.
 - 3 sets of 5 repetitions
 - 2 sets of 8 repetitions
 - 3 sets of 8 repetitions
- Take the paper clips and string them together to make a chain. Now take the chain apart.



Jars

- Place the jar on the table.
- Hold the jar with your weaker hand and take off the lid with your stronger hand.



- 2 sets of 5 repetitions

- Now hold the jar with your stronger hand and take off the lid with your weaker hand.



- 3 sets of 5 repetitions
- 2 sets of 8 repetitions
- 3 sets of 8 repetitions



Drying Off

- Place the towel on the table. Fold in half length wise.
 - Place a hand at each end of the towel and lift the towel over your head so it touches your neck.
 - Move the towel back and forth across your neck. Like you are drying after a shower.
-
- ❑ 2 sets to the count of 10
 - ❑ 3 sets to the count of 10



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Welcome to the Grasp study!

Thank you for volunteering your time for this program. The exercises that you will do have been designed specifically for you.

There are lots of benefits to doing these exercises. Research has shown that adding 20 more hours of arm therapy during your hospital stay can:

- Strengthen your weaker arm
- Improve the range of motion of your weaker arm
- Improve your ability to use your weaker arm in daily activities
- Decrease pain in your weaker arm, and
- Improve life satisfaction

The study therapist (she or he is called the site coordinator) will help you learn the exercise program and check on your progress regularly. The study therapist will not be doing the exercises with you on a daily basis. Remember this is a **HOMEWORK** based program so **YOU** are responsible for doing your exercises daily. We hope that your family and friends will support and help you with your exercise program.

We are asking you to do 1 hour of prescribed exercises 7 days a week. You can divide the exercises up into 2 – 30 minute sessions if you want.

You are encouraged to continue these exercises once you are discharged from the hospital. You will be able to take home the equipment and the manual. We will be calling you to find out how you are doing at home.

We ask that you please check off the exercises that you complete each day on the Log Sheet in your exercise book.

Safety

Please tell your site coordinator as soon as possible if

- pain stops you from doing your exercises
- you feel so tired after doing your exercises that you cannot participate fully in your regular daily therapy,

Remember that this program has been designed especially for your arm ability. This means that you should **NOT** share your program or exercise kit with

other patients. Please understand that if you do share your program, you will be asked to return your exercise kit and will no longer be involved in the study.

We want to encourage your family to do the exercise program with you. Here are some ways they can be involved:

- some exercises can be done with a partner (these exercises are identified in this manual)
- help organize the exercise equipment for quick changes between exercises
- help put exercise equipment away after each exercise is done
- help keep track of the exercises on the daily Log Sheet
- and most of all help encourage and motivate!

We think you will enjoy this program and we welcome any questions or concerns.

Have fun!



Total Arm Stretch

- Sitting straight in your chair, lean forward over your knees.
- Make sure that your arms hang loosely, in a relaxed stretch.
- You should feel a pull through your shoulders.
- Hold the stretch for a count of 10 and then slowly straighten up.
- Repeat 2 times.



Shoulder Shrug

- Sit in a chair with your arms by your side.
- Make sure your back is touching the back of the chair.



- Raise your shoulders towards your ears for a count of 3
- Return to the starting position.



- Repeat 10 times.

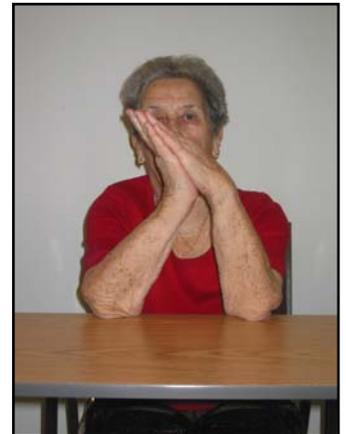
The Twist

- Make sure your back is touching the back of the chair for the whole exercise.
- Clasp your hands together and pull forward until you feel a stretch through your back.
- Turn your body to the left. Hold for a count of 3.
- Turn your body to the right. Hold for a count of 3.
- Repeat 5 times for each side.



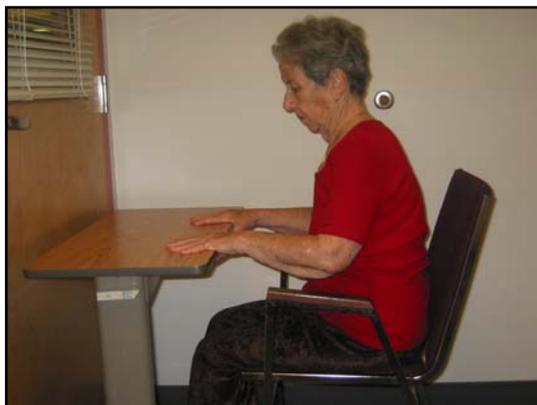
Hand and Wrist Stretch

- Place your palms together.
- Push the left hand against the right.
- Hold for a count of 3.
- Push the right hand against the left.
- Hold for a count of 3.
- Repeat 5 times for each side.



Push-ups!

- Place the table against a wall
- Place the palm of your hands on the edge of the table
- Lean your chest towards the table for a count of 5.
- Push away from the table for a count of 5.



- ❑ 2 sets of 8 repetitions
- ❑ 2 sets of 10 repetitions
- ❑ 3 sets of 10 repetitions

Try to put as much weight as you can through your weaker.

One arm push-ups

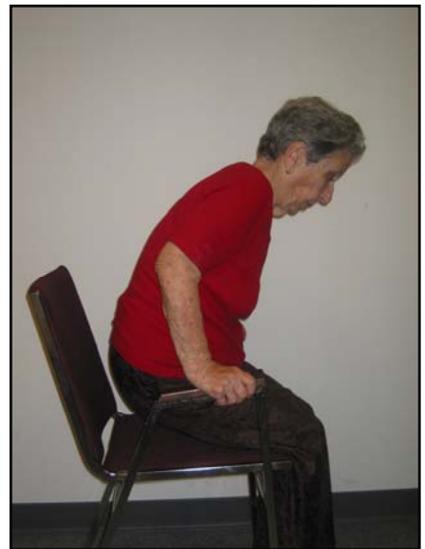
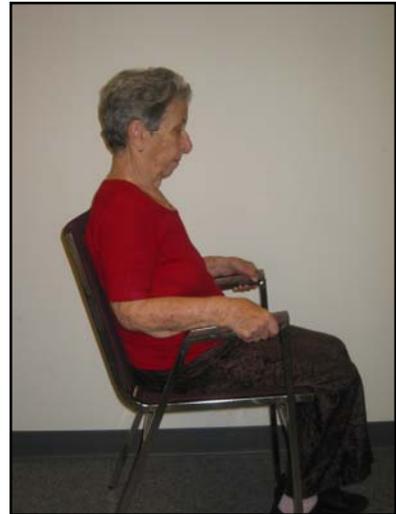
- Place your weaker hand flat on the table. Use your stronger hand to help keep your hand in place.
 - Lean your chest towards the table for a count of 5.
 - Push away from the table for a count of 5.
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- ❑ 2 sets of 8 repetitions
 - ❑ 2 sets of 10 repetitions
 - ❑ 3 sets of 10 repetitions



Try to put as much weight as you can through your weaker hand

Chair-ups

- Sit in a chair with both your hands on the arm rests.
 - Using your arms NOT your legs, push your body upwards so that your bottom comes off the chair.
 - Hold for a count of 3.
 - Lower yourself for a count of 3.
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- 2 sets of 8 repetitions
 - 2 sets of 10 repetitions
 - 3 sets of 10 repetitions



Put as much weight as can through your arms NOT YOUR LEGS when you push up.

TIPS

The following exercises are for increasing arm strength. If you feel like your arm is tired or stiffing up (hard to move) try the following:

1. take a rest break of 30 seconds between exercises
2. rotate between doing the exercise on your weaker and stronger arm
3. do the exercise without the weight

Shoulder Exercises: Arm to the Front

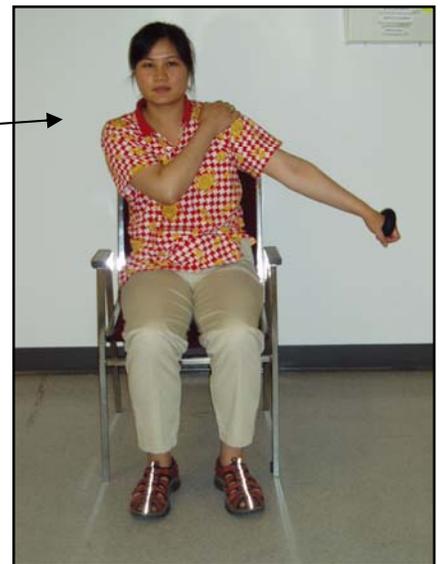
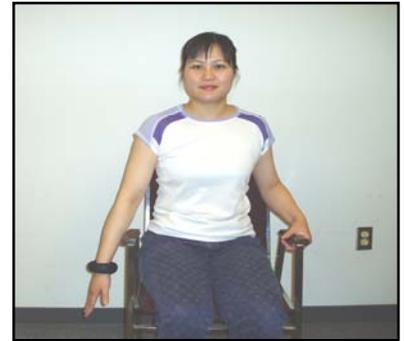
- Place the weight around your weaker wrist or palm
- Raise your arm as high as you can but not higher than your shoulder height, for a count of 3.
- Lower your arm down for a count of 3.
- If you need to, place your stronger hand on your shoulder to help keep your shoulder from hiking up.



- ❑ 2 sets of 8 repetitions
- ❑ 2 sets of 10 repetitions
- ❑ 3 sets of 10 repetitions

Shoulder Exercises: Arm to the Side

- Place the weight around your weaker wrist or palm.
- Raise your arm out to the side as high as you can but no higher than your shoulder for a count of 3.
- Lower your arm down for a count of 3.
- If you need to, place your stronger hand on your shoulder to help keep your shoulder from hiking up.



- ❑ 2 sets of 8 repetitions
- ❑ 2 sets of 10 repetitions
- ❑ 3 sets of 10 repetitions

Elbow Exercises

- Put the weight around your weaker wrist.
- Place your hand, palm up, on the table



- Move your hand towards your shoulder for a count of 3.
- Lower your hand down for a count of 3.



- ❑ 2 sets of 8 repetitions
- ❑ 2 sets of 10 repetitions
- ❑ 3 sets of 10 repetitions

If you cannot raise your arm to shoulder height, raise it as high as you can.

Wrist Exercises – Part 1

- Put the weight around the fingers and knuckles of your weaker hand.
- Put your forearm on the table palm facing down.
- Stabilize your weaker arm with your stronger hand.
- Lift your wrist as high as you can for a count of 3.
- Lower your wrist down for a count of 3.



- 2 sets of 8 repetitions
- 2 sets of 10 repetitions
- 3 sets of 10 repetitions

Wrist Exercises – Part 2

- Keep the weight on your hand.
- Place your arm on the table with your hand over the edge.
- Stabilize your weaker arm with your stronger hand.
- Lift your wrist as high as you can for a count of 3.
- Lower your wrist down for a count of 3.



- ❑ 2 sets of 8 repetitions
- ❑ 2 sets of 10 repetitions
- ❑ 3 sets of 10 repetitions

Total Arm Stretch

- Sitting straight in your chair, lean forward over your knees.
- Make sure that your arms hang loosely, in a relaxed stretch.
- You should feel a pull through your shoulders.
- Hold the stretch for a count of 10 and then slowly straighten up.
- Repeat 2 times.



TIPS

- These exercises are for increasing the strength of your hand.
- If you find it is getting hard to open and close your hand after a few exercises here are some tips to follow:
 1. take a 30 second break,
 2. rotate between doing the exercise with your strong and weak hand, and
 3. use the ball instead of the gripper.

Grip Power

- Place your weaker arm on the table.
- Place the gripper in your palm between your knuckles and your thumb pad.
- Squeeze the gripper as hard as you can for a count of 3.
- Relax your hand for a count of 3.

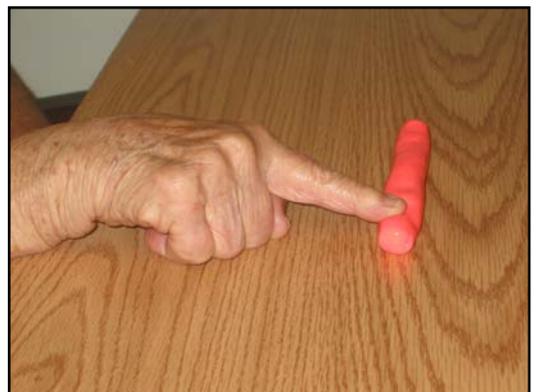


Focus on the opening of your hand

- 2 sets of 10 repetitions
- 3 sets of 10 repetitions
- 4 sets of 10 repetitions

Finger Power

- Place the putty on the table and roll into a thick rope.
- Take each finger of your weaker hand, starting with your thumb, and push into the putty
- Repeat this exercise 3 times



The Twist

- Place the putty on the table and roll into a thick rope.
 - Hold the putty rope in your stronger hand.
 - Using the thumb, index, and middle finger of your weaker hand, twist the putty along the rope.
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- ❑ 2 sets of 8 repetitions
 - ❑ 2 sets of 10 repetitions
 - ❑ 3 sets of 10 repetitions



Finger Strength

- Roll the putty into a ball.
- Hold the putty ball in your stronger hand.
- Take one finger at a time, start with your thumb, and push it into the putty ball.
- Repeat 3 times



Cutting

- Take the putty and flatten it on the table.
- Take the knife and fork, as you would usually do, and cut the putty into 4 evenly shaped pieces
- Re-shape into a pancake and repeat 3 times.



TIPS

The following exercises are to help increase range of motion, increase coordination, and increase your ability to do your day to day activities.

If you find your arm is tired or it is stiffing up try the following:

1. take rest breaks of 30 seconds after each exercise
2. rotate between doing the exercise with your weaker and stronger arm/hand
3. decrease the amount of repetitions you do the exercise

Waiter – Cup

- Place the cup in your weaker hand.
- Place the cup on the 1st dot. Leave the cup on the dot and place your weaker hand in your lap.
- Then reach with your weaker hand to pick up the cup and place it on dot 2. Continue this pattern until you have placed the ball on each dot.
- Once you have finished the arc, start at dot 5 and retrace your steps.
- Repeat 2 times.
- Then, repeat this as fast as you can 2 times!



Advanced Waiter - Ball

- Place the target board on the ground about 6" in front of your chair.
- Place the ball in your weaker hand.
- Hold on to the arm rest with your stronger hand and lean forward.
- Place the ball on dot 1 - now sit upright with back against chair.
- Lean forward and pick up the ball placing it on dot 2 - sit up. Repeat this process for each dot.
- Repeat 3 times.



If at any time you feel dizzy **STOP** and rest for 1 minute. Try again but if you continue to feel dizzy go to next exercise

Pouring

- Place two cups on the table, one half full of water.
- Hold the empty cup with your stronger hand, pick up the cup with water with your weaker hand.
- Pour the water into the empty cup. Pour back and forth 20 times.



Start the ball rolling with a partner

- Sit at each end of the long side of the table
- Roll or push the ball back and forth with your weaker hand
- Roll the ball between you so each person catches the ball 20 times
- Now do it as fast as you can 20 times.



Start the ball rolling

No partner

- Place your hands shoulder width apart.
- Roll or push the ball back and forth between your hands
- Continue until you have caught the ball with your weaker hand 20 times

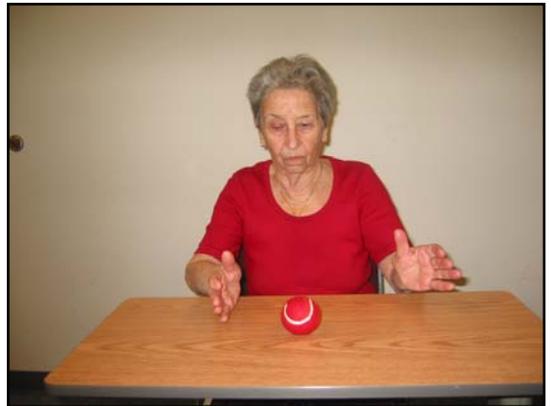


If this is easy for you try rolling the ball faster or placing your hands further apart

Start the ball rolling

Advanced

- Place your weaker hand in your lap and your stronger on the table.
- Roll or push the ball and try to catch the ball with your weaker hand.
- Continue until you have caught the ball with your weaker hand 20 times.



Drop and Catch

- Place the ball in your stronger hand.
- Raise this arm as high as you can but no higher than your shoulder.
- Place your weaker hand on the table.
- Drop the ball and try and catch it with your weaker hand.
- Repeat 20 times
- Then switch and drop the ball with your weaker hand 20 times



If the ball is hard, use the bean bag instead.

Bouncing Ball with a partner

- Sit at each end of the long side of the table.
- Using your weaker hand bounce the ball to your partner.
- Bounce back and forth, catching the ball with your weaker hand.
- Bounce the ball so that each of you catches the ball 20 times.



If the ball is too difficult, try throwing the bean bag back and forth.

Total Arm Stretch

- Sitting straight in your chair, lean forward over your knees.
- Make sure that your arms hang loosely, in a relaxed stretch.
- You should feel a pull through your shoulders.
- Hold the stretch for a count of 10 and then slowly straighten up.
- Repeat 2 times.



TIPS

These exercises are to help improve your hand skills. You may hear these exercises called fine motor skills in the hospital.

If you find your hand is cramping try the following:

1. take a 30 second rest break
2. rotate between doing the exercises with weaker and stronger hand
3. decrease the repetitions for the exercise.

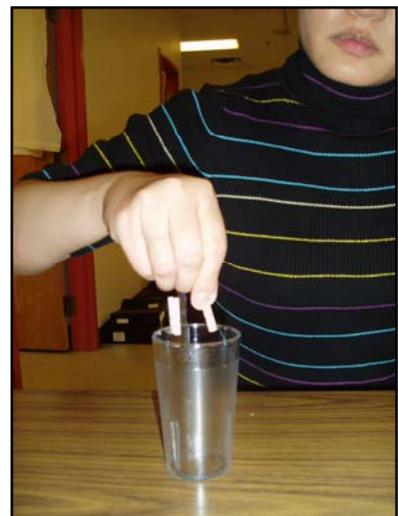
Buttons

- Take a shirt with buttons out of your closet.
- Put it on and do up the buttons.
- Now undo the buttons.
- Repeat this 3 times.

If you do not have a shirt with buttons, please have a family member bring you one from home.

Hanging up the Clothes

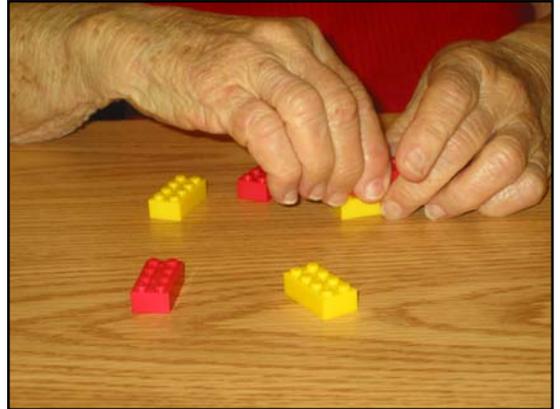
- Place a cup on the table.
- Using your weaker hand, take each peg and clip it on the edge of the cup.
- Using your weaker hand, take each peg off the cup and place on the table.



- 2 sets of 8 repetitions
- 2 sets of 10 repetitions
- 3 sets of 10 repetitions

Lego

➤ Using your weaker hand, stack the Lego blocks into a tower



➤ Using your weaker hand, un-stack the tower.



- 2 sets of 8 repetitions
- 2 sets of 10 repetitions
- 3 sets of 10 repetitions

Pick up Sticks

- Put the sticks on the table.
- Using your weaker hand, take each stick and place in the cup.
- Using your weaker hand, take out each stick, one at a time.



- 2 sets of 8 repetitions
- 2 sets of 10 repetitions
- 3 sets of 10 repetitions

Paper Clips

- Put your paper clips and a cup on the table.
- Using your weaker hand place each paper clip, one at a time, into the cup.
- Now string them together.
 - ❑ 2 sets of 8 repetitions
 - ❑ 2 sets of 10 repetitions
 - ❑ 3 sets of 10 repetitions



Poker Chips

- Put your poker chips on the table in a line.
 - Using your weaker hand flip each chip over one at a time. Do not flip them using the end of the table.
 - Do it as fast as you can.
- 2 sets of 8 repetitions
 - 2 sets of 10 repetitions
 - 3 sets of 10 repetitions



Jars

- Place the jar on the table.
- Hold the jar with your stronger hand and take off the lid with your weaker hand.



- 2 sets of 8 repetitions
- 2 sets of 10 repetitions
- 3 sets of 10 repetitions



Drying Off

- Place the towel on the table. Fold in half length wise.
 - Place a hand at each end of the towel and lift the towel over your head so it touches your neck.
 - Move the towel back and forth across your neck and your shoulders. Like you are drying after a shower.
- ❑ 2 sets of 8 repetitions
 - ❑ 2 sets of 10 repetitions
 - ❑ 3 sets of 10 repetitions

