

## Physiotherapy

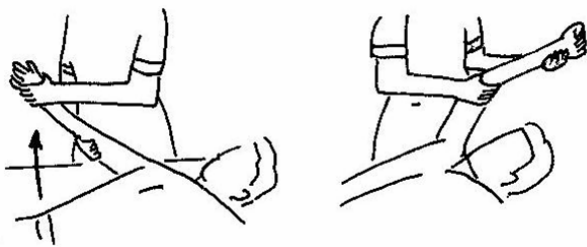
### Department of Rehabilitation

#### Arm Exercises for Stroke Patients

##### Instructions

- The patient should do the exercises regularly for 2-3 times a day, repeat each exercise 5-10 times or as advised by the physiotherapist.
- It is all right for the caregiver to wake the patient up for exercise during their hospitalisation.
- The patient should perform the exercises under supervision.
- When doing exercises while seated, the patient should sit in a steady chair, preferably with arm rests.
- When doing exercises while standing, have a chair behind the patient and a firm surface for the patient to hold on to.
- When doing exercises while standing, always ensure the patient's weaker knee does not bend backwards (hyperextend).
- Do not pull on the patient's weaker arm.
- The patient should not hold their breath while doing exercises.
- Only do the exercises that are advised by the physiotherapist.
- When supervising the patient to exercise, stand on their weaker side.
- If any of the exercises causes the patient pain, **stop immediately** and consult the doctor or physiotherapist.
- Do not exercise if the patient feels unwell, e.g. feeling giddy, short of breath, chest pain or very tired.

##### Upper limb exercise instructions for caregivers



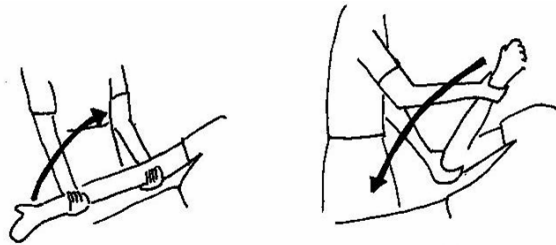
##### Shoulder flexion and extension

- Support the patient's elbow and wrist.
- Do not go beyond the pain point.
- Be careful not to pull on the arm.



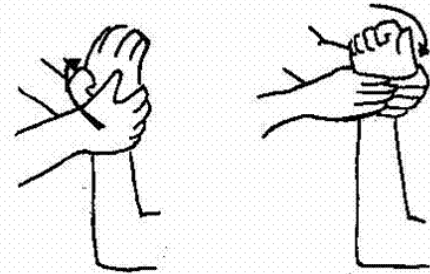
##### Shoulder abduction

- Bend the patient's elbow to 90°.
- While supporting the bent elbow and wrist, draw the arm out to the side.
- Be careful not to pull on the patient's shoulder or go beyond 90° at the shoulder.



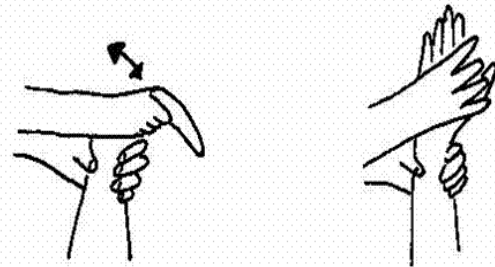
#### Elbow extension

- Bend and straighten the patient's elbow.
- Support the patient's elbow and wrist during exercise.



#### Elbow supination and pronation

- Keep the patient's elbow bent to 90° and support at wrist.
- Turn the forearm in and out.



#### Wrist flexion and extension

- Support above and below the patient's wrist joint.
- Bend forwards and backwards at the wrist.



#### Finger flexion and extension

- Bend the patient's fingers to make a fist, then straighten them fully.



#### Thumb flexion and extension

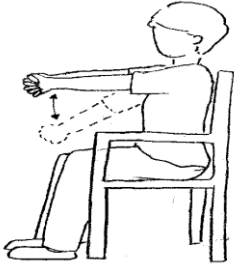
- Support the patient's fingers.
- Bring the thumb away then towards the other fingers.



**Finger opposition**

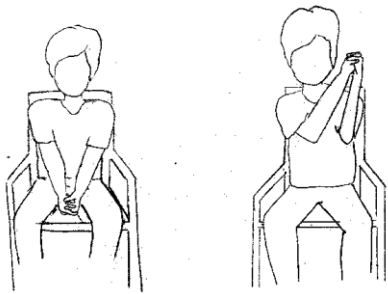
- Support the patient's hand.
- Bring the thumb and small finger to touch each other.

## Upper limb exercise instructions for patients (while seated)



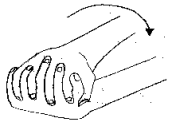
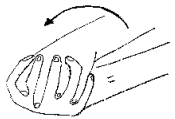
### Shoulder flexion

- Keep your elbows straight.
- Raise your arms from knee to shoulder level.



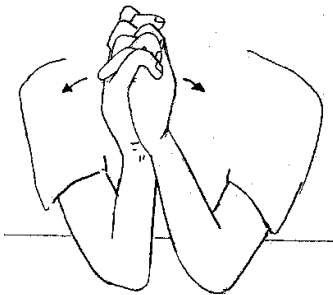
### Elbow flexion

- Place your clasped hands between your thighs while keeping your arms straight.
- Bend your arms to touch each shoulder with clasped hands.



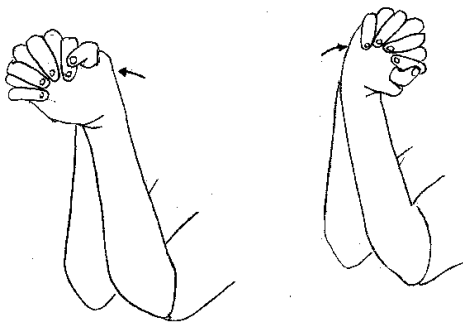
### Forearm pronation and supination

- Clasp your hands together with elbows partially bent.
- Turn the palms up and down.



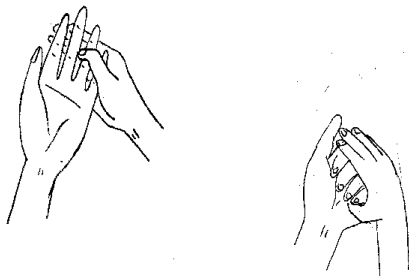
### Wrist flexion and extension

- Support your elbows on the table.
- Bend your wrists to left then right.



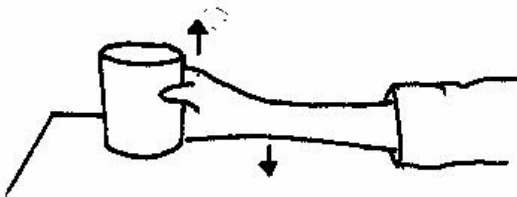
#### Wrist deviation

- Support your elbows on the table.
- Bend your wrists forward and backwards.



#### Finger flexion and extension

- Use your unaffected hand to bend and straighten your affected fingers.



#### Hand exercise

- Place your affected hand on a table with the elbow supported.
- Hold a cup in your hand.
- Keep your thumb in line with your forearm.
- Lift the cup up, keeping your forearm on the table, then bring the cup down.



#### Hand exercise

- Sit with your forearm supported on a table with your palm facing up.
- Practise taking the tip of your fingers to your thumb one at a time.
- Move your finger as well as your thumb.

#### Disclaimer:

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions.