

Personal exercise program



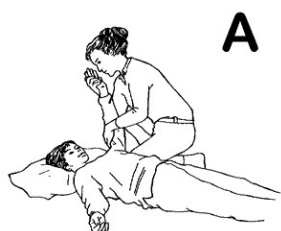
Frederick Holmes School
Frederick Holmes School
Inglemire Lane, HU6 8JJ, Kingston-upon-Hull, United Kingdom

Provided by Sammie Scott-Wells
Provided for

Do not force stretches

Stretches should be done to point of resistance.

Range of movement shown in pictures will not necessarily represent your child's range of movement.



A

Passive shoulder flexion

Hand position for passive stretching of the upper limb.

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B

Position of hands for full range stretching of upper limb.

Repeat _____ times.

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Passive shoulder abduction

Lying on the back with the child's arm by their side and palm facing upwards.

Bring the arm out and up towards the ear and slowly back down again.

Repeat _____ times.

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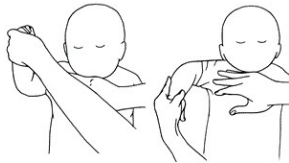
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Passive horizontal flexion

Lying on the back.

Move the arm across the chest.

Repeat _____ times.



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Passive shoulder medial and lateral rotation

Lying on the back. Bring the arm out to the side and bend the elbow.

Rotate the shoulder outwards by turning the back of the hand up towards the surface. Then rotate the shoulder inwards by turning the palm of the hand down towards the surface.

Repeat _____ times.



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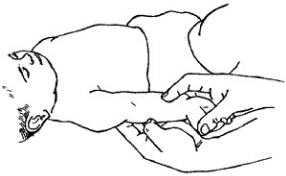
Passive elbow flexion

Bending the elbow.

Support the child's elbow with one hand and the child's hand with your other hand. Start with child's elbow bent at 90 degrees.

Bend child's elbow, aiming for the palm of hand to touch shoulder. Return to starting position.

Repeat _____ times.



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Passive elbow extension

Straightening the elbow.

Support the baby's elbow with one hand and hold the baby's hand with your other hand. Start with baby's elbow bent at 90 degrees.

Straighten baby's elbow as much as possible within range of movement. Return to starting position.

Repeat _____ times.



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Passive wrist extension with elbow bent.

Bending the wrist backwards and straightening fingers.

Support the baby's upper arm and bend the elbow to 90 degrees, the palm of the hand is towards you.

Move the wrist backwards keeping the fingers and thumb straight.

Repeat _____ times.



Passive wrist extension with elbow straight

Lying on the back.

Bend the wrist and fingers upwards, keeping fingers straight.

Repeat _____ times.

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Passive supination/pronation

a) Have your child sit with his/her right arm bent and with the upper arm held against the side of his/her body.

Place one of your hands under the elbow.

Place your other hand on his/her arm just above the wrist.

Holding the upper arm so that it does not move, turn your child's forearm out, so his/her palm faces up toward the ceiling.

Hold this position for 10 seconds.

Slowly release the stretch.



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b) Holding the right upper arm so that it does not move, turn your child's forearm in, so his/her palm faces down toward the floor.

Hold this position for 10 seconds.

Slowly release the stretch.

Repeat this exercise _____ times.



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Have your child sit on a chair with his/her hand resting palm up on a table. With one hand on either side of your child's hand, use your thumbs in an outward motion to stretch the palm flat, trying to make the palm wider.

Hold this position for 10 seconds.

Slowly release the stretch.

Repeat this exercise _____ times.
