

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS

Paediatric Physiotherapy

Upper limb exercises



**Please use this page for any notes
you may wish to make**

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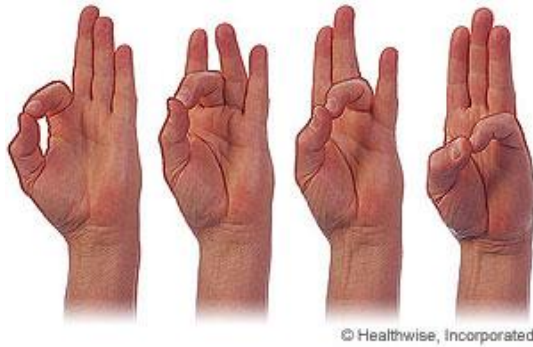
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Support your elbow on a table with your wrist straight and your fingers pointing towards the ceiling.

Touch your thumb to the top of each of your fingers in turn.

Repeat _____ times.



All of the following exercises can be completed in sitting or standing.

Elbow exercises:



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Bend your elbow and then fully straighten your elbow.

Repeat _____ times.



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Have your elbow bent and palm turned down.

Turn your palm up to face the ceiling, then back for your palm to face downwards.

Repeat _____ times.



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Hold your fingers and wrist straight.

Bend your wrist towards the little finger and then towards the thumb.

Holding your elbow in towards your side.

Repeat _____ times.



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Support your elbow on a table with your wrist straight and your fingers pointing towards the ceiling.

Make a fist (thumb over fingers). Straighten your fingers and bring them apart.

Repeat _____ times.

Shoulder exercises:



Lift your arm out sideways and upwards above your head. Lower the arm back to the starting position.

Repeat _____ times.



Lift your arm forwards and above your head. Lower the arm back to the starting position.

Repeat _____ times.

Finger exercises:



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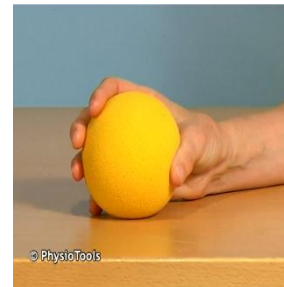
With your forearm supported on a table, hand relaxed over the edge.

Lift your hand up towards you keeping your forearm on the table. Relax and return to start position.

Repeat _____ times.



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Support your forearm on a table and hold a soft ball.

Push your thumb and middle finger together.

Repeat _____ times.