

Hands-on-Care



Specializing in Shoulder, Elbow, Wrist and Hand Therapy







<p>Neck range of motion exercises</p>	<p>Chin tucks</p>	
<p>Neck ROM All 6 ranges</p>	<p>Chin Tucks Aligns the neck to the shoulder to the hips</p>	<p>Door or corner Stretch to stretch the pectoralis muscles</p>
<p>Shoulder Rolls Backwards to counteract the tendency to perform activities in front</p>	<p>Shoulder Squeeze Squeeze it back and down to keep the shoulder blades attached to the rib cage and shoulder in alignment</p>	<p>Stretch the flexor and pronators as one of the tendon sits directly above the Carpal tunnel</p>

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Carpal Tunnel

		
<p>Stretch the thumb out and down</p>	<p>Perform Snow angles, it helps align the spine and stretch the pec muscles and allow for nerve and tendon gliding and open up the TOS area</p>	<p>Do ice the wrist 3x day for 10 mins each to remove inflammation from around the nerve. So ice at Lunch, Evening and Before going to bed. Always have a cloth between the skin and ice pack</p>
		
<p>Stretch forearm muscles: keep elbow straight, palm up and then stretch palm down</p>	<p>Sitting positions to avoid</p>	<p>Night splinting: To keep the wrist straight and prevent it from bending thus preventing the compression of the nerve</p>

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TENDON GLIDING EXERCISES



Straight



Hook



Duck



Straight Fist



Full Fist

Once pain reduces and flexibility improves start with shoulder strengthening to improve posture

Make sure not to grip the band as it will increase your Carpal tunnel symptoms. Also, avoid repetitive gripping activities or holding objects (steering wheel, book) for a long time.



Keep elbow by your side and rotate forearm out to 45 deg. Keeping wrist straight



Loop your fingers lightly and keep arms by side and pull back squeezing the shoulder blades back together, elbow around 90 deg



Loop band through wrist and pull arms back keeping the elbow straight and wrist straight

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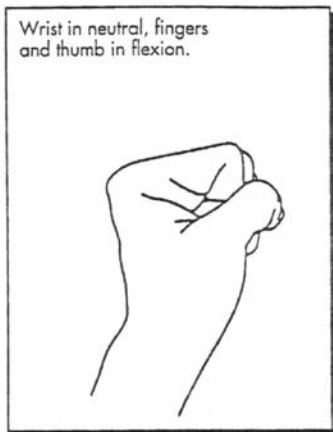


Hanging Limp Wrist

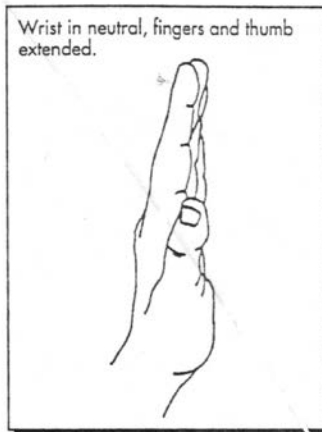


Wrist Extension

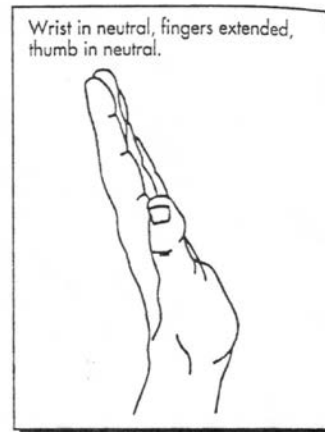
Starting position 1



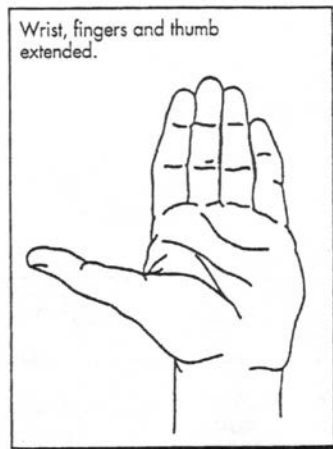
Position 2



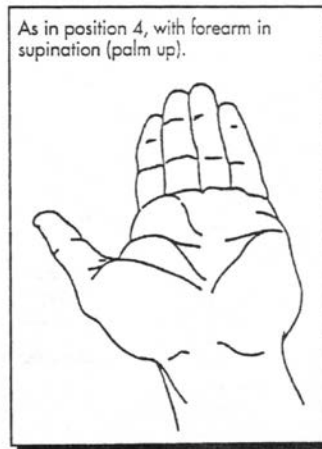
Position 3



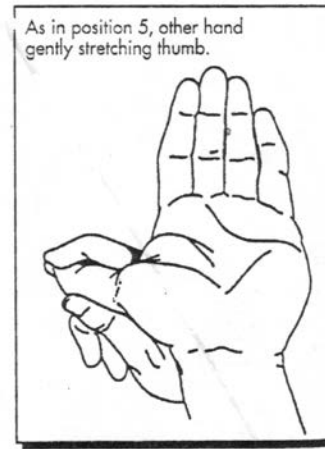
Position 4



Position 5



Position 6



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Wrist Stiffness



ROM Wrist Flexion

ROM Wrist Extension

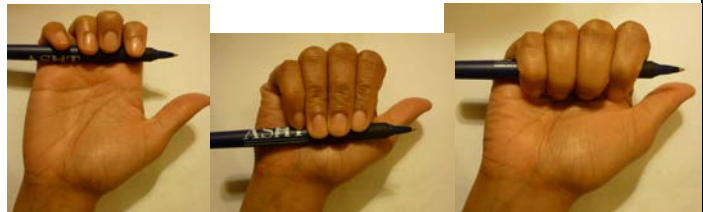
Wrist Radial/ Ulnar Deviation



ROM Supination

ROM Pronation

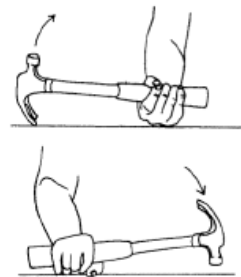
Flexibility flexors/ extensors



Free weights

Putty Strengthening

Peg/ Pen Rolls, Add wrist flexion as needed



Mallet / Hammer



Gentle extension/ weight bearing on left

Weight bearing on all 4s above

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Tennis Elbow

<p>Keeping the arm relaxed elbow straight, shoulder relaxed; bend the wrist and fingers with the other hand</p>	<p>Keeping the shoulder depressed, extend the arm backwards, elbow straight, turn the palm out (getting bribe position), lift the wrist up and then curl the fingers. You will feel the stretch in the muscle on the forearm</p>	<p>Ice massage 3x day on the area of discomfort until it goes numb. Once it goes numb (3-4 mins) stop. Ice hurts first then goes numb.</p>
<p>Eccentric Wrist strengthening: keep forearm stable, wrist moves</p>	<p>Eccentric elbow curls: Keeping the wrist straight hold 11bs bend the elbow to 90 deg with the other hand</p>	<p>and then slowly lower the elbow. Always wear the counterforce brace when performing exercises.</p>

Eccentric Wrist strengthening: Keep the counterforce brace on when exercising. If it takes you 2 counts to go up it should take 4 counts to come down.

Start with 11b x 10 reps then go to 20 reps then to 30

Once able to perform 30 reps without discomfort go to 2lbs x 10 reps and then continue upto 4lbs. Raise wrist up to neutral position and then slowly lower it down

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<p>Keep elbow by your side and rotate forearm out to 45 deg. Keeping wrist straight</p>	<p>Loop your fingers lightly and keep arms by side and pull back squeezing the shoulder blades back together, elbow around 90 deg</p>	<p>Loop band through wrist and pull arms back keeping the elbow straight and wrist straight</p>
<p>Ball exercises Ball T</p> <p>Squeeze shoulder blades back and down and then bring arms up into a T. Do not go beyond shoulder level</p>	<p>Rows</p> <p>Squeeze shoulder blades back and down and then bring arms up performing a rowing motion</p>	<p>Extension</p> <p>Squeeze shoulder blades back and down and then bring arms straight up.</p>

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Upper Trap Strain

<p style="text-align: center;">Chin tucks</p>		
<p style="text-align: center;">Chin Tucks</p> <p>Aligns the neck to the shoulder to the hips</p>	<p style="text-align: center;">Chair Stretch</p> <p>Hold on to the chair and lean away tilting the neck to the opposite side stretches upper trap</p>	<p style="text-align: center;">Shoulder Rolls</p> <p>Backwards to counteract the tendency to perform activities in front</p>
		<p style="text-align: center;">Neck range of motion exercises</p>
<p>Roll on the foam roll by lifting your bottom up and supporting your head with your arms</p> <p style="text-align: center;">Giving yourself a massage</p>	<p style="text-align: center;">Shoulder Squeeze</p> <p>Squeeze it back and down to keep the shoulder blades attached to the rib cage and shoulder in alignment</p>	<p style="text-align: center;">Neck ROM</p> <p>All 6 ranges front back, side to side, rotate left and right</p>

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<p>If pain occurs with this stretch lower the arm and then stretch across the chest</p>	<p>Bring your arm up with elbow straight thumb up at a 45 deg angle, Raise our arm up with elbow straight in front of the body</p>	<p>Raise both your arms up with elbow straight with thumb up/ palm down in a T position</p>
<p>Loop the T-Band at your wrist level, keeping the elbow straight pull the arms straight back</p>	<p>Keeping the elbow by your side (put a piece of paper at your side, if the paper drops you are doing the exercise incorrectly) elbow bent to 90 deg, move the forearm out to 45 deg. Keep your wrist straight.</p>	<p>Start with elbows straight and end with squeezing the shoulder blades and bending your elbow to 90 deg</p>
<p>Ball exercises Ball T</p> <p>Squeeze shoulder blades back and down and then bring arms up into a T. Do not go beyond shoulder level</p>	<p>Rows</p> <p>Squeeze shoulder blades back and down and then bring arms up performing a rowing motion</p>	<p>Extension</p> <p>Squeeze shoulder blades back and down and then bring arms straight up.</p>

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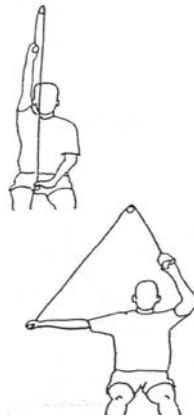


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Shoulder Stiffness



This exercise is performed by dangling the arm and moving the body. The movement of the body causes the arm to move, helping with ROM. Do not actively move the arm as it may be contraindicated in certain surgeries.



3-5 minutes each exercise

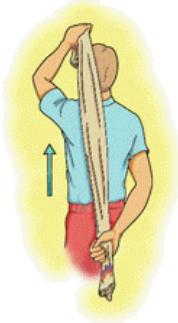


Keep shoulder blade down as you push your chair out to gain flexion in the shoulder



across the chest

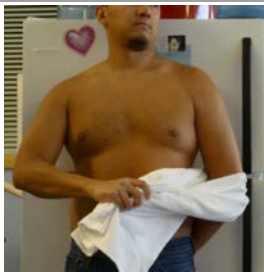
If pain occurs with this stretch lower the arm and then stretch



You can perform this exercise with the use of pulley, towel or cane but pulling the affected arm with the help of the unaffected arm behind the back



Sleeper stretch: Lay on the affected side, bring the shoulder to 90 deg, elbow to 90 then bend the elbow towards the stomach



pull on the elbow while keeping the shoulder against the wall

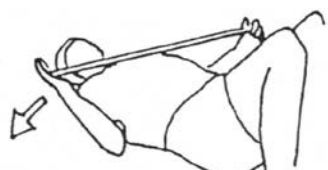
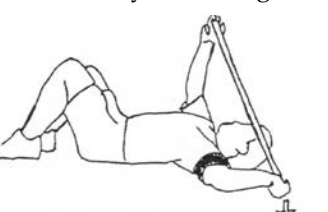

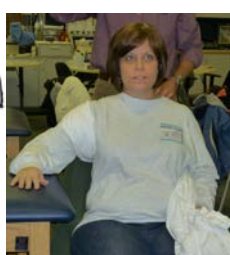

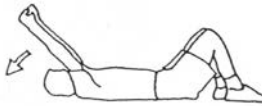

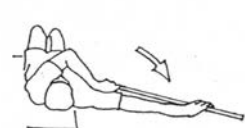



Stand against a wall place a towel around the elbow, Once the hand is behind the back then



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 <p>elbow by side 0 deg</p>  <p>Shoulder at 90 deg elbow 90 deg.</p>	  	  
<p>External rotation done with a cane at first with the elbow by your side and then slowly progressed to shoulder at 90 deg. The affected arm stays relaxed all the time.</p>	<p>use the good arm to push the affected arm out the the side with the help of the cane. The affected arm stays relaxed all the time.</p>	<p>Shoulder flexion done with a cane: use the good arm to push the affected arm up above the shoulder</p> <p>Horizontal abduction: use the good arm to push the affected arm to the side. The affected arm stays relaxed all the time.</p>
		
<p>Corner Stretch/ Door Stretch</p>	<p>Closed chain, loading</p>	<p>Dynamic surface, on wall with shoulder blades back</p>

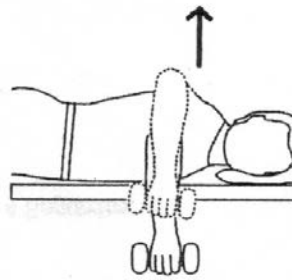
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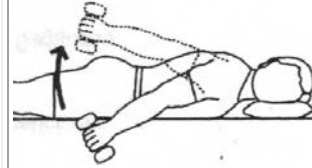


Push the arm up in the air and then slowly depress it.



with the elbow bent to 90 deg

Lie on your stomach with the affected arm off the mat, bring the arm up



elbow straight

Lie on your stomach with the affected arm off the mat, bring the arm up with the



bring the forearm up with the elbow bent to 90 deg keeping it by your side

Lie on the unaffected side with the affected arm by your side,



Bring your arm up with elbow straight thumb up at a 45 deg angle, Raise our arm up with elbow straight in front of the body



raise both your arms up with elbow straight with thumb up/palm down in a T position

Raise your arm up with elbow straight and thumb down at an angle of 45 degrees



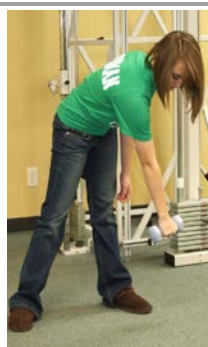
down against the wall

Stand against a wall, with arms externally rotated, gently slide arms



Planks: keep trunk straight as you hold your weight up on your forearms

Dips are performed with the weight on the forearms and knees, knees are kept just further down the hips as the trunk is dipped down and brought up for scapular mobility



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<p>Using a band pull it straight out at a 45 deg angle. Put one end of the band on the same foot, holding the other end on the arm take the arm to the opposite shoulder. and then later perform it taking to the same side</p>	<p>Balancing and moving body weight side to side first on a disc, then ball with both hands then one handed</p>	<p>Closed chain activities Pulling self up, pushups on the floor with feet on the stool, on all fours, and on a stepper</p>



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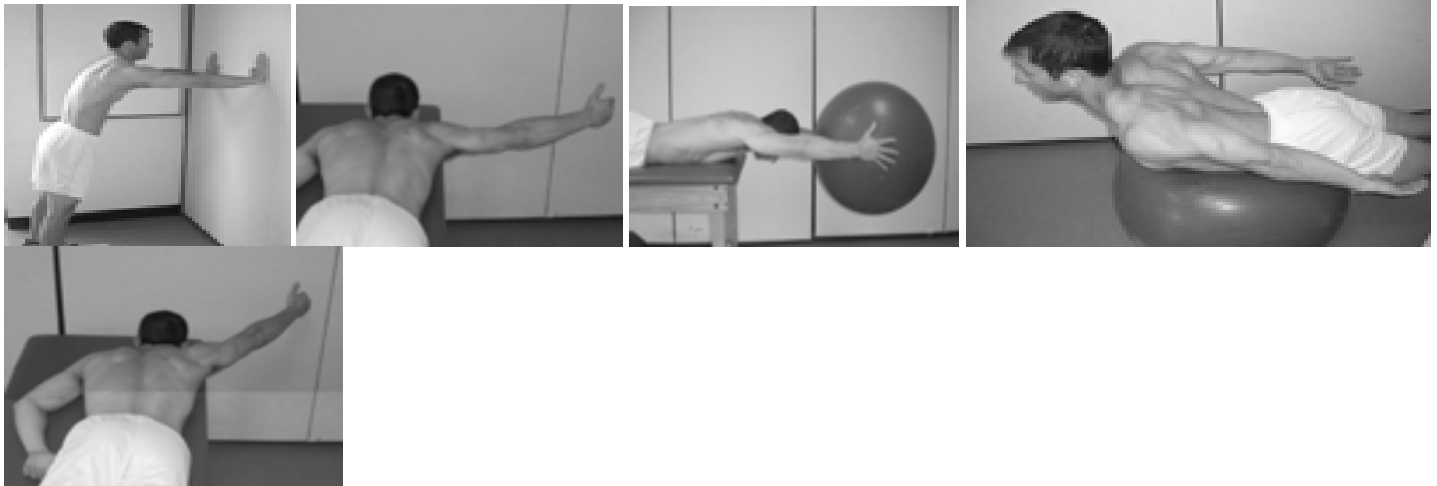


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Scapular Stabilization: Early Phase



Scapular Stabilization: Middle phase



Black burn



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Thumb Stiffness

<p>Passively bending the MP joint with the other hand</p>	<p>Passively bending the IP joint with the other hand</p>	<p>thumb to tip and then to the base of small finger</p>
<p>Bend the tip of the thumb keeping the MP straight, abducting the thumb out</p>	<p>Passively bending the IP joint with the other hand then the MP joint then hold it in the flexed position achieved with the stretch</p>	<p>To increase web space, use a conical glass and wrap it around the thumb and fingers</p>

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<p>Using other hand, passively bend fingers at the first row of knuckles until a stretch is felt Hold for 5 secs. Relax, straighten fingers out as far as you can.</p>	<p>Using other hand, passively bend fingers at the second row of knuckles until a stretch is felt Hold for 5 secs. Relax, straighten fingers out as far as you can.</p>	<p>Using other hand, passively bend fingers at the third row of knuckles until a stretch is felt Hold for 5 secs. Relax, straighten fingers out as far as you can.</p>
<p>Passively bend fingers of involved hand. At the first row bending all the joints, once in full flexion, place it and actively hold it</p>	<p>Intrinsic stretch: Keeping the 1st row of knuckles straight, bend the IP's (other knuckles)</p>	<p>Open and close hand as tolerated</p>
<p>Using fingers of opposite hand, pinch bottom knuckle to prevent bending. Bend the middle knuckle as far as you can. Hold 5 seconds. Relax. Repeat 10 times.</p>	<p>Using fingers of opposite hand, pinch middle knuckle to prevent bending. Bend the end knuckle as far as you can.</p>	

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Putty pinching



Putty Gripping



Putty Extension



Power Grip



Early Gripping exercises



Intrinsic stretch

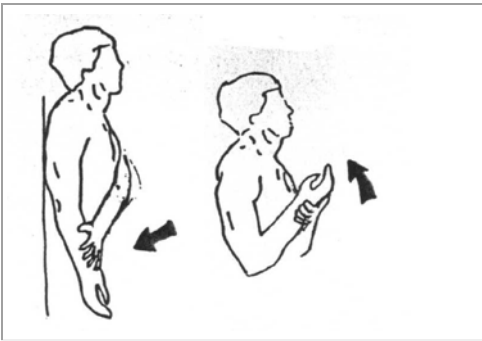
ORL stretch

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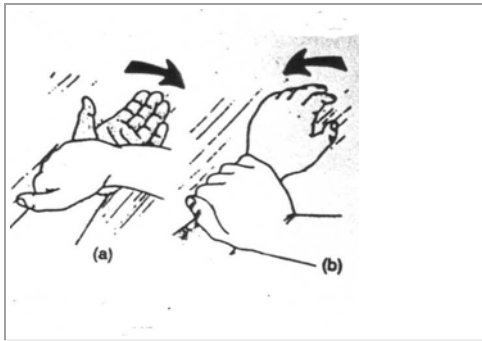


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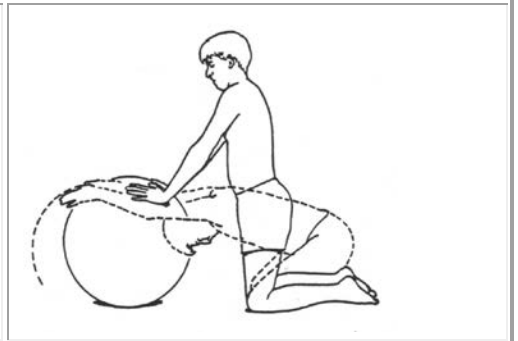
Elbow Stiffness



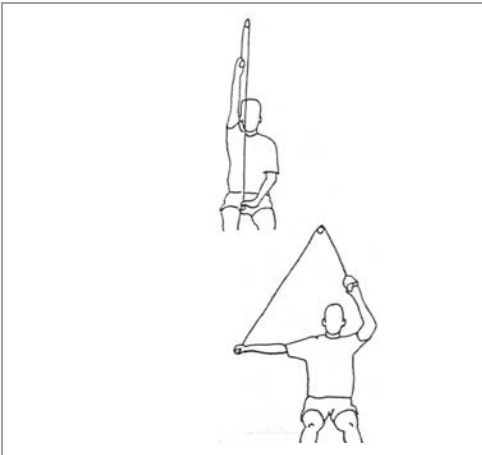
stand against a wall towel behind the elbow: bend the straighten the elbow with the other hand and then bend the elbow



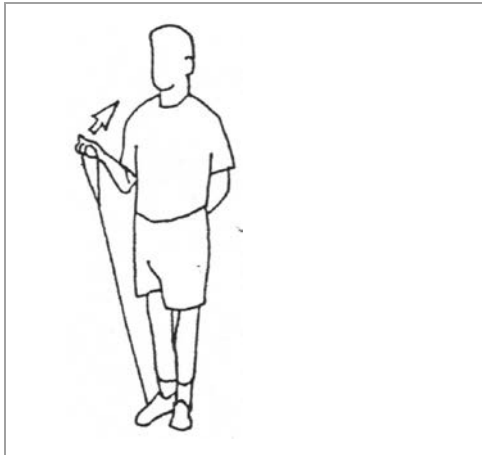
Elbow by your side: 90 deg at elbow turn palm up with the other hand, and then palm down with the other hand



Ball stretching: flexion and extension



Easy Stretching of the elbow with pulley



Strengthening with a theraband, put one end of the band under your foot, lock your elbow at the waist and bend elbow up



Protected ROM

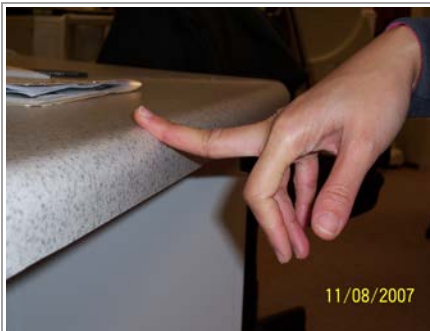
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splint



Stretch: Gentle
Avoid repetitive gripping or
sustained holds

Ice massage

Ice hurts: Massage the affected
side until it goes numb i.e. once
the pain goes away STOP



Iontophoresis

Flexibility of flexors

Putty Roll