

Details of passive movement and stretches programme:

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1. Please deliver daily
2. The stretches can be completed with PC in the morning or evening, either in sitting- upper limbs or lying position- lower limbs.
3. Go up to the point of resistance and monitor face for expression of discomfort
4. **PLEASE MAKE THE HAMSTRING STRETCH A PRIORITY OUT OF ALL THE EXERCISES**

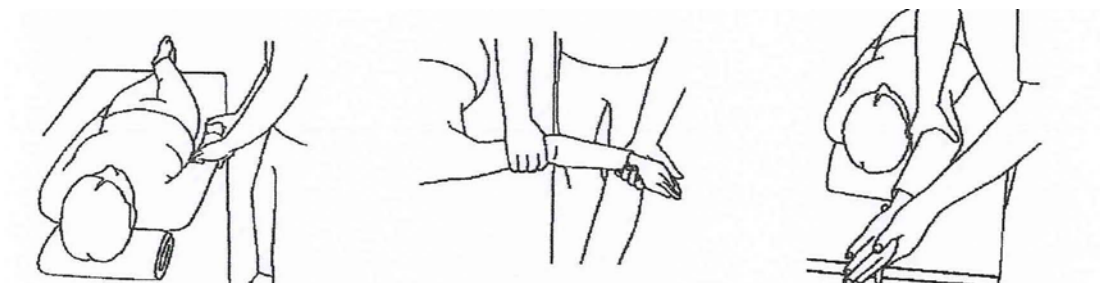
Date of creation: 05/01/16 Signed: Karolina Chudzio (Physiotherapist)

Shoulder Abduction

Support the wrist and elbow joints with your hands, initially bringing the arm out to the side and up. Bring the arm out to the side and up whilst turning the palm of the hand towards the head.

Hold for 3-5 seconds then gently lower

Repeat x 3 times each side

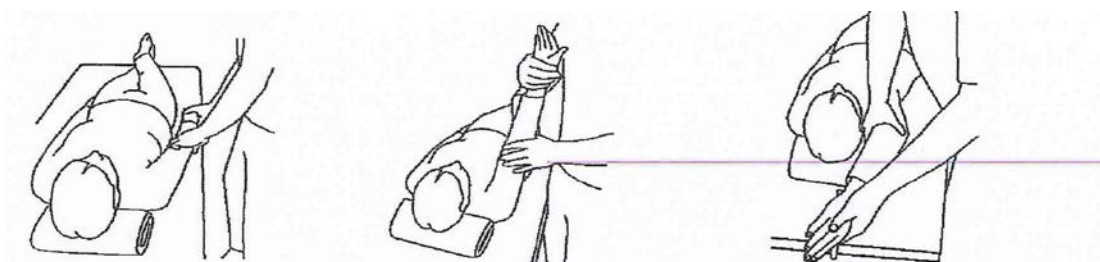


Shoulder Flexion

Support the wrist and elbow of the arm to be stretched. Gently move the arm, as able, as if to raise the arm in the air. Bring the arm up while turning the palm of the hand towards the head. Stretch as comfortable, aiming to position elbow with ear.

Hold for 3-5 seconds then gently lower

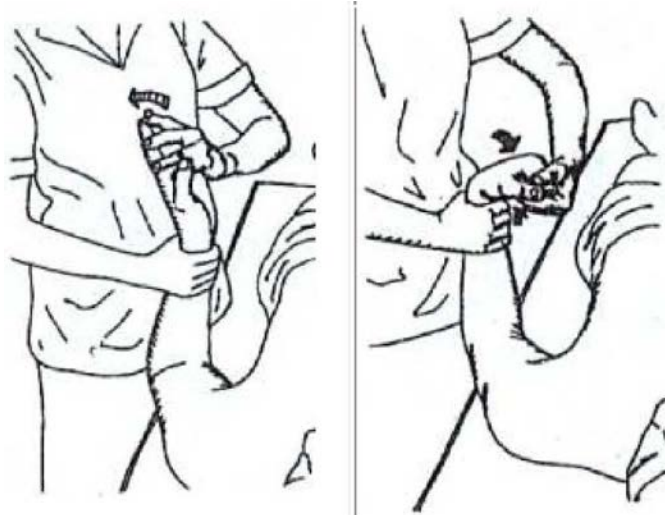
Repeat x 3 times each side



Finger and Wrist Flexion and Extension

Hold the forearm above the wrist with one hand and grasp the fingers with your other hand. Holding the hand is this way, bend the wrist back, about 90 degrees, while straightening the fingers out. Then bend the wrist the opposite direction, about 90 degrees, while curling the fingers into a fist.

Hold for 3-5 seconds
Repeat x 3 times each side

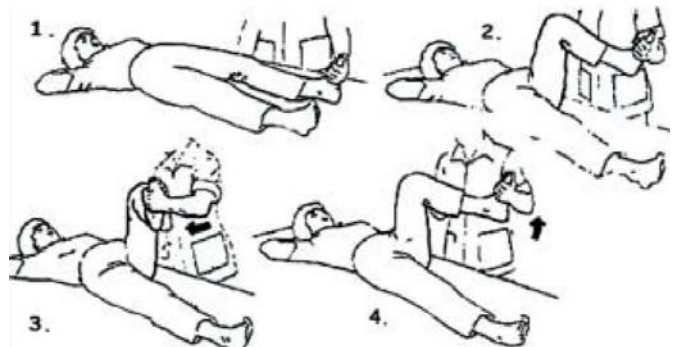


HAMSTRING STRETCH

With the knee and heel supported slowly raise the leg up, keeping the knee straight. Return to starting position.

Hold for 10-30 seconds (if tolerates well)
then gently lower
Repeat x 3 times each side

Please stabilise the opposite hip when doing the stretch.



Hip Abduction

Starting position – support leg with one hand under the heel and the other under the knee. Bring the leg out to the side and then back to the starting position.

Hold for 3-5 seconds then gently lower
Repeat x 3 times each side

Please stabilise the opposite hip when doing the stretch.

