**Forward Arm Reach** (shoulder flexion)

**Purpose:** ROM, Relaxation, ADL– Reaching

**Version A**
- Position arms out front, palms facing one another.
- Raise one or both arms forward and up as high as possible (one arm may help the other, if needed).
- Lower slowly.

**Version B**
- Repeat Version A.
- Continue motion by bringing arms behind the body.

**Version C**
- Alternate one arm forward and one behind.

**PRECAUTIONS**
- Shoulder joint surgery

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**Side Trunk Bend** (lateral trunk flexion)

**Purpose:** ROM, Strength, ADL– Reaching

**Version A**
- Hold on to back of chair if standing.
- If sitting, hold on to arm or seat of chair.
- Lean trunk sideways, slowly bending at waist.
- Repeat on the other side.

**Version B**
- Raise one arm overhead as you bend to opposite side.

**PRECAUTIONS**
- Osteoporosis, Balance, Back pain

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**Wrist Stretch** (extension)

**Purpose:** ROM, ADL– Pushing down on chair arms to come to a standing position

- Sit or stand with palms together and arms straight out in front.
- Keeping palms together, pull hands in toward chest and point hands up toward ceiling.
- The elbows will go out to the side.
- Hold for four seconds.

**PRECAUTIONS**
- Shoulder joint surgery
Calf stretch
Purpose: ROM, ADL- Walking

Version A (Gastroc)
- Standing straight, hold on to the back of a chair.
- Put one leg behind you, keeping level to the floor.
- Bend front knee toward chair, keeping knee above ankle. (You will feel the stretch in the calf of the leg in back.)
- Hold 10-20 seconds.

Version B (Soleus)
- Do version A, but then slightly bend back leg before you stretch.
- Hold 10-20 seconds.

PRECAUTIONS
- Balance

Finger O (opposition)
Purpose: ROM, ADLs- Grasping, picking up objects
- Start with open hand, fingers apart.
- Touch tip of thumbnail to tip of index finger (make an “O” shape).
- Repeat with each finger.
- Open hand wide after each “O”.

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