



Joint range of motion exercise for upper limb

關節運動 - 上肢運動(英文)

Patients with stroke, traumatic brain injury, spinal cord injury, weak limbs, and long-term bed-ridden; work on joint range of motion exercise for upper limbs in order to preserve your joints and muscular range of motion, and decrease of spasticity.

shoulder exercise

- (1) shoulder flexion in supine position; shoulder extension in side-lying position
- (2) shoulder abduction and adduction
- (3) shoulder external rotation and internal rotation

elbow exercise

- (1) elbow flexion and extension
- (2) elbow pronation and supination

wrist exercise

- (1) wrist flexion and extension
- (2) wrist radial and ulnar deviation
- (3) wrist pronation and supination

