

## Seated Exercises Upper Limbs

Ensure all patients are medically fit. Check for patients becoming breathless or unwell during session and stop if needed.

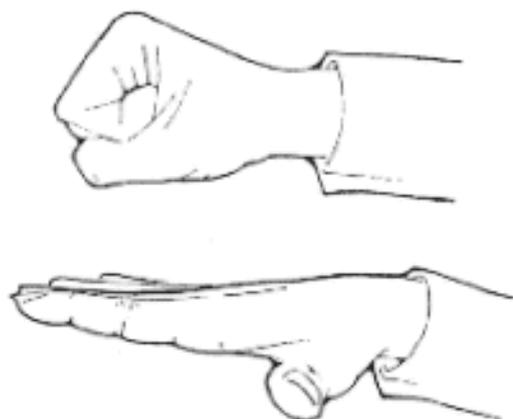
### Open and close fist

Hold hands out in front of you.

Make a fist.

Then relax and open hand.

Repeat 20 times



### Punching

With hands out in front and clenched fist.

Punch the air.

Do this for 2 minutes.

Alternate between fast punching and slow.



### Wriggle fingers

Place hands in lap.

Wriggle fingers like playing a piano.

(Can make more difficult by swaying left and right to reach all the 'keys' out of base of support.)



## Dance hands

Place hand together in front of chest.

Rock fingers left and right like a snake

Pushing wrists side to side

Whilst snaking hands lift up to ceiling and back down.



## Ulnar Nerve stretch

Place left hand out to the left side.

Make an 'okay' with finger/thumb.

Move hand over eye like a spy glass.

Hold for 10 seconds. Repeat 5 times

Repeat on right side.

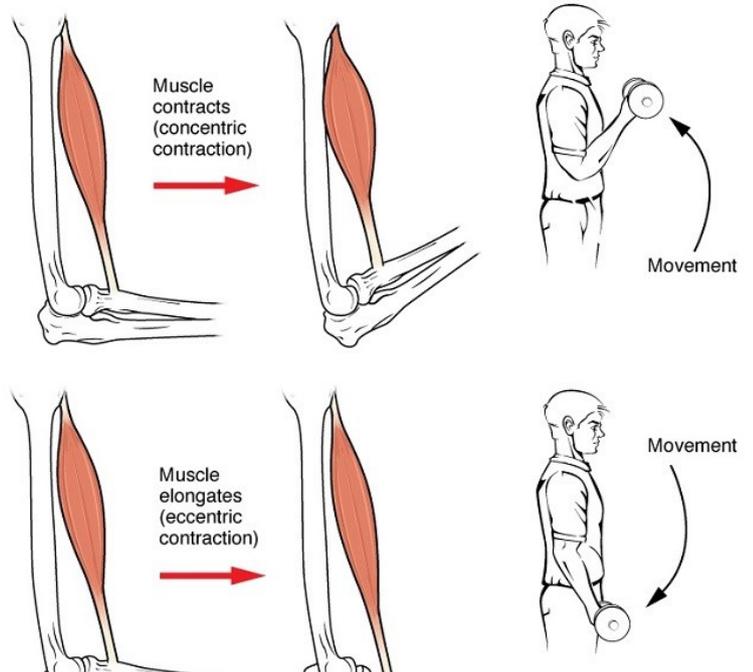


## Shoulder touch

Extend both hands out in front

Touch shoulder and repeat.

Make difficult by alternating shoulders.



### Reaching up Marching

Both arms above head

Swing arm downwards (punching ceiling)

Repeat 20 times

(Make harder by marching opposite leg at same time.)

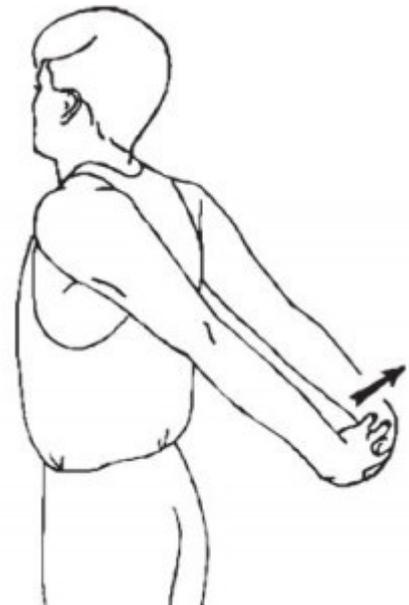


### Stretching Chest

Clasp hands behind back (or hold back of chair)

Push chest out

Hold for 10 seconds (repeat 5 times)



### Reach to floor

Reach to floor between legs

Slow return to normal seated position (check pt not dizzy)

Repeat to reach left and right side of floor.

(check not feeling dizzy/faint)



## Large circle

Clasp hands together in front of you

Make a big circle keeping hands together

Try clockwise and anti-clockwise.



## Stirring a cake

Clasp hands on top of lap

Draw a circle as if stirring a bowl of cake mix in your lap.

Repeat 20 times left and right.

