

Getting strength back in your arms during and after your hospital stay

Department of Physiotherapy

Information for Patients

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Introduction

During your stay in hospital, it is very common to lose strength and struggle with moving your arms on your own. The following exercises are meant to help you build up your strength so that you can get back your independence.

Try to do them little and often, and even if you cannot get the full movement, you will be moving the muscles which will help you to recover.

Your therapist will tell you on how many times you need to do the exercises each session. As you get stronger you will be able to build this number up as the exercises get easier.

Doing the exercises lying down is easier than upright, so the exercises do start in this position. You can gradually raise yourself to sit in a more upright position. This makes the exercises harder. Try to add pillows to aim for an upright position as the exercises get easier for you to do.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Shoulder raises (elevation):

Start position

- Lying on your back (as flat as you can manage).
- Start with your elbow bent hand pointing up towards the ceiling.



Action

- Reach arm up towards the ceiling.
- Make a circle as big as you can clockwise, not letting your arm flop.
- Repeat the other way (anti-clockwise).
- Lower the arm by bending your elbow and return to the start position slowly.



Repeat _____ times

Build up to _____

Elbow exercises

Start position

- Lying on your back support your upper arm with elbow bent and point elbow towards the ceiling.



Action

- Straighten your arm as much as you can taking your hand towards the ceiling.
- Bend the elbow to take hand down towards shoulder (return to start position).



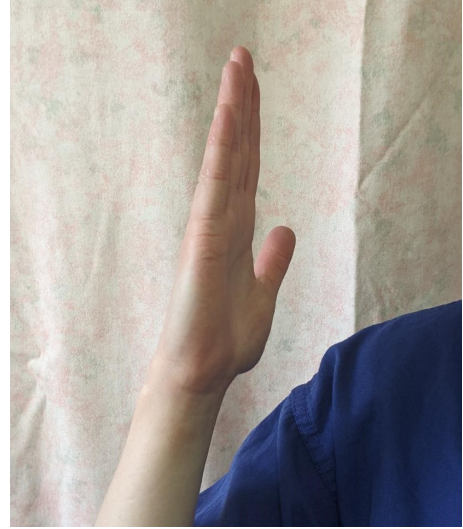
Repeat _____ times

Build up to _____

Hand exercises

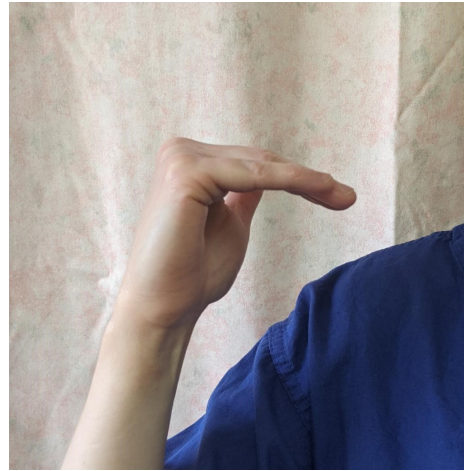
Start position

Straighten your fingers as much as you can



Action

Bend your fingers at the knuckles, keeping ends of your fingers straight, before continuing in to a full fist



Repeat _____ times

Build up to _____

Contact details

If you have any questions speak to the staff on your ward or call

University Hospitals Leicester on 0300 303 1573

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

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