

Phase 3 – Week 6 to 3 months I

During this phase your affected arm can safely move without the assistance of the non affected arm.

- Continue with walking stick exercises



1. Range of motion exercises

- *Slide arm up wall with palm toward you by moving closer to wall*
- *Hold for ten seconds*
- *Repeat 5 times, once per day*

2. Range of motion exercises

- *Keep palm of hand against door frame and elbow bend at 90°. Turn body away from fixed hand until a stretch is felt*
- *Hold for 10 seconds*
- *Repeat 5 times, once per day*



3. Shoulder extension

- *Standing – grasping a stick with both hands behind back,*
- *Push backwards, non affected arm supplying the power*
- *Repeat 10 times, 1-2 times per day*

4. Hand behind back towel stretch

- *Grasp either end of a towel as shown*
- *Pull the affected arm up behind your back in a “drying” motion*
- *Repeat 10 times, once per day*

