

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 exercises in this leaflet are meant to help you build up your strength. This is so that you can get back your independence.

How often do I do the exercise?

Try to do little and often. Do this 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.

What is the best way to do these exercises?

Doing the exercises lying down is easier than sitting upright. Most of the exercises start in the lying down position. You can slowly 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.

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or call 111 for non-emergency medical advice**

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To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

Shoulder raises (elevation):

Start position

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



Action

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



Repeat _____ times

Build up to _____

Elbow exercises

Start position

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



Action

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



Repeat _____ times

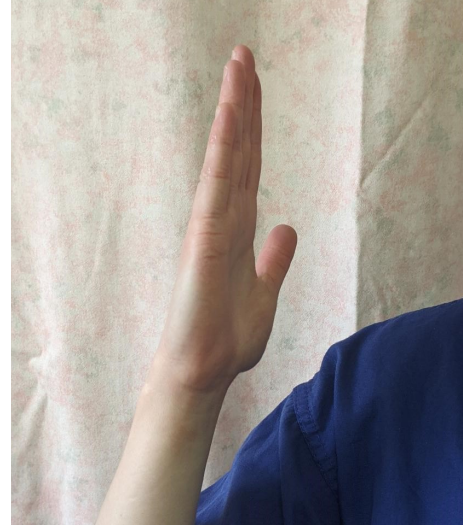
Build up to _____



Hand exercises

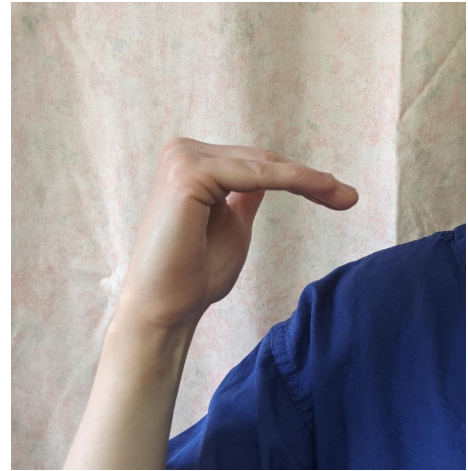
Start position

1. Straighten your fingers as much as you can.



Action

1. 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**

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