Do the following exercises 2 to 3 times each day. Repeat each exercise 10 times when doing it. Sit up straight in a chair and do not hold your breath when you exercise.

**Scapular Retraction and Depression**
1. Squeeze your shoulder blades together in a backward motion.
2. Hold for 3 seconds and return to starting position.

**Shoulder Flexion**
1. Lift your arm over your head in a forward direction, keeping your thumb and your elbow straight.
2. Hold for 3 seconds and return your arm to your side.

**Shoulder Adduction and Abduction**
1. Lift your arm out to the side, keeping your thumb up and your elbow straight up.
   - Be careful not to lean to the opposite side.
2. Hold for 3 seconds and return your arm to your side.
### Horizontal Adduction and Abduction
1. Start with your arm out to your side at shoulder height.
2. Move your arm across your chest toward your opposite shoulder, keeping your elbow straight.
3. Hold for 3 seconds, and then return to the starting position.

### Shoulder Internal and External Rotation
1. Lift your arms out to the side with your elbows bent. Move your palms down. Hold for 3 seconds.
   - Do not let your shoulders drop down.

### Elbow Flexion and Extension
1. Bend your elbow, keeping your palm up. Hold for 3 seconds.
2. Straighten your elbow and hold for 3 seconds.
3. Alternate between bending and straightening your elbow.

### Forearm Pronation and Supination
1. Turn the palm of your hand up while keeping your elbow at your side. Hold for 3 seconds.
2. Turn your palm down and hold for 3 seconds.
### Wrist Flexion and Extension

1. Place your forearm on a table with your hand over the edge and your palm facing down.
2. Raise your hand up and hold for 3 seconds.
3. Turn your palm up. Raise your hand up and hold for 3 seconds.

### Wrist Ulnar and Radial Deviation

1. Hold your forearm with your opposite hand to keep it stable during movement.
2. Move your hand to the little finger side and hold for 3 seconds.
3. Move your hand to the thumb side and hold for 3 seconds.

### Finger Flexion and Extension

1. Make a fist with your hand and hold for 3 seconds.
2. Straighten your fingers as far as you can and hold for 3 seconds.
3. Alternate the two motions.
**Finger Adduction and Abduction**
1. Spread your fingers apart and hold for 3 seconds.
2. Move your fingers back together and hold for 3 seconds.
3. Alternate spreading your fingers apart and bringing them back together.

**Thumb Opposition**
1. Make an “O” by touching the pad of your thumb and index finger.
2. Repeat with your middle finger, ring finger, and little finger.

Talk with your therapist about any questions or concerns.

Once you get stronger, you can do the exercises with your arms using hand weights or objects such as cans. Start light and build up slowly.