Welcome to the GRASP Hand & Arm Exercise Program!

The exercises that you will do have been designed specifically for you.

There are lots of benefits to doing these exercises. Research has shown that adding 20 more hours of arm therapy during your hospital stay can:

- Strengthen your weaker arm.
- Improve the range of motion of your weaker arm.
- Improve your ability to use your weaker arm in daily activities.
- Decrease pain in your weaker arm, and improve life satisfaction.

Your therapist will help you learn the exercise program and check on your progress regularly. Your therapist will not be doing the exercises with you on a daily basis. Remember this is a HOMEWORK based program so YOU are responsible for doing your exercises daily.
We hope that your family and friends will support and help you with your exercise program.

We are asking you to do 1 hour of prescribed exercises 7 days a week. You can divide the exercises up into 2 – 30 minute sessions if you want.

We ask that you please check off the exercises that you complete each day on the Log Sheet in your exercise book.

You are encouraged to continue these exercises once you are discharged from the hospital.

**Safety**

Please tell your therapist as soon as possible if:

- pain stops you from doing your exercises
- you feel so tired after doing your exercises that you cannot participate fully in your regular daily therapy.
We want you to encourage your family to do the exercise program with you. Here are some ways they can be involved:

• some exercises can be done with a partner (these exercises are identified in this manual).
• help you to organize the exercise equipment for quick changes between exercises.
• help you to put exercise equipment away after each exercise is done.
• help you to keep track of the exercises on the daily Log Sheet.
• and most of all help encourage and motivate!

We think you will enjoy this program and we welcome any questions or concerns.

Have fun!
Suggested Equipment required for GRASP Exercises

**Level 1**

1. Wrist weight - 0.5-1lb
2. Tennis ball
3. Bean bag
4. Hand gripper – 5lb resistance
5. Theraputty – yellow or orange
6. Target board
7. Cup
8. Towel
Total Arm Stretch

- Sitting straight in your chair, lean forward over your knees.
- Make sure that your arms hang loosely, in a relaxed stretch.
- You should feel a pull through your shoulders.
- Hold the stretch for a count of 10 and then slowly straighten up.
- Repeat 2 times.
Shoulder Shrug

- Sit in a chair with your arms by your side.
- Make sure your back is touching the back of the chair.
- Raise your shoulders towards your ears for a count of 3
- Return to the starting position.
- Repeat 5 times.
The Twist

- Make sure your back is touching the back of the chair for the whole exercise.
- Clasp your hands together and pull forward until you feel a stretch through your back.
- Turn your body to the left. Hold for a count of 3.
- Turn your body to the right. Hold for a count of 3.
- Repeat 5 times for each side.
Hand and Wrist Stretch

- Place your palms together.
- Push the left hand against the right.
- Hold for a count of 3.
- Push the right hand against the left.
- Hold for a count of 3.
- Repeat 5 times for each side.

- If it is hard to put your hands flat together, make a fist with your weaker hand and place your stronger hand over top.
Push-ups!

- Place the table against a wall
- Place your hands on the table-palms down or you can place your palms on the edge of the table.
- Lean your chest towards the table for a count of 5.
- Push away from the table for a count of 5.
- Repeat 5 times.

Try and put as much weight as you can through your arms

If you cannot put your weaker hand flat on the table, place your forearms on the table and then do the push-up.
One arm push-ups

- Place your weaker hand flat on the table. Use your stronger hand to help keep your hand in place.

- Lean your chest towards the table for a count of 5.

- Push away from the table for a count of 5.

- Repeat this exercise 10 times.

- Try to put as much weight as you can through your weaker hand.
TIPS

The following exercises are for increasing arm strength. If you feel like your arm is tired or stiffening up (hard to move) try the following:

1. take a rest break of 30 seconds between exercises
2. rotate between doing the exercise on your weaker and stronger arm
3. do the exercise without the weight
Shoulder Exercises: Arm to the Front

- Place the weight around your weaker wrist or palm.
- Raise your arm as high as you can but not higher than your shoulder, for a count of 3.
- Lower your arm down for a count of 3.
- To help keep your shoulder from hiking up, place your stronger hand on it.

- 2 sets of 5 repetitions
- 3 sets of 5 repetitions
Shoulder Exercises: Arm to the Side

- Place the weight around your weaker wrist or palm.
- Raise your arm out to the side as high as you can but not higher than your shoulder, for a count of 3.
- To help keep your shoulder from hiking up, place your stronger hand on it.
- Lower your arm down for a count of 3.

□ 2 sets of 5 repetitions
□ 3 sets of 5 repetitions
Elbow Exercises

- Put the weight around your weaker wrist.
- Place your hand, palm up, on the table.

- Move your hand towards your shoulder for a count of 3.
- Lower your hand down for a count of 3.

- 2 sets of 5 repetitions
- 3 sets of 5 repetitions
Wrist Exercises – Part 1

- Put the weight around the fingers and knuckles of your weaker hand.
- Put your forearm on the table palm facing down.
- Stabilize your weaker arm with your stronger hand.
- Lift your wrist as high as you can for a count of 3.
- Lower your wrist down for a count of 3.

☐ 2 sets of 5 repetitions
☐ 3 sets of 5 repetitions
Wrist Exercises – Part 2

- Keep the weight on your hand.
- Place your arm on the table with your hand over the edge.
- Stabilize your weaker arm with your stronger hand.
- Lift your wrist as high as you can for a count of 3.
- Lower your wrist down for a count of 3.

- 2 sets of 5 repetitions
- 3 sets of 5 repetitions
Total Arm Stretch

- Sitting straight in your chair, lean forward over your knees.
- Make sure that your arms hang loosely, in a relaxed stretch.
- You should feel a pull through your shoulders.
- Hold the stretch for a count of 10 and then slowly straighten up.
- Repeat 2 times.
TIPS

- The following exercises are to increase the strength of your hand.
- If you find you have a hard time opening your hand after doing a few of the exercises try the following:

1. take a 30 second break,
2. rotate between doing the exercises with your weaker and stronger hand, and
3. instead of using the gripper, use the ball
Grip Power

- Place your weaker arm on the table.
- Place the gripper in your palm between your knuckles and your thumb pad.
- Squeeze the gripper as hard as you can for a count of 3.
- Relax your hand for a count of 3.

- 2 sets of 5 repetitions
- 3 sets of 5 repetitions
- 2 sets of 8 repetitions

Remember to focus on opening your hand
Squeeze!!!!

- Place your weaker arm on the table

- Place the ball in your hand and squeeze as hard as your can for a count of 5.

- Relax your hand for a count of 5.

- 2 sets of 5 repetitions
- 3 sets of 5 repetitions
- 2 sets of 8 repetitions
Finger Power

- Place the putty on the table and roll into a thick rope.

- Take each finger of your weaker hand, starting with your thumb, and push into the putty.

- After you finish all 5 fingers, take a 30 second break. Then repeat two more times.
TIPS

The following exercises are to help increase range of motion, increase coordination, and increase your ability to do your day to day activities.

If you find your arm is tired or it is stiffening up try the following:

1. take rest breaks of 30 seconds after each exercise
2. rotate between doing the exercise with your weaker and stronger arm/hand
3. decrease the amount of repetitions you do the exercise
Waiter – Bean bag

- Place the bean bag in your weaker hand.
- Pick the bean bag up and move it to the 1\textsuperscript{st} dot. \textbf{Drop} the bean bag on the dot and place your weaker hand in your lap.
- Then reach with your weaker hand to pick up the bean bag, placing it on dot 2 etc. until you have dropped the bean bag on each dot.
- Once you have finished the arc, start at dot 5 and re-trace your steps.
- Repeat 3 times.
Waiter – cup

- Follow the arc pattern you did with the bean bag with a cup, do it 3 times.
- Repeat the arc pattern with the cup but do it as fast as you can, do it 3 times.
Start the ball rolling with a partner

- Sit at each end of the long side of the table
- Roll or push the ball back and forth with your weaker hand
- Roll the ball between you so each person catches the ball 10 times
- Now do it as fast as you can 10 times.
Start the ball rolling
No partner

- Place your hands shoulder width apart.
- Roll or push the ball back and forth between your hands.
- Continue until you have caught the ball with your weaker hand 20 times.

If this is **easy** for you try rolling the ball faster or placing your hands further apart.

If this is **hard** for you, use the bean bag and push it towards each hand.
Start the ball rolling
Advanced

➢ Place your weaker hand in your lap and your stronger on the table.

➢ Roll or push the ball and try to catch the ball with your weaker hand.

➢ Continue until you have caught the ball with your weaker hand 20 times.
Wash Cloth

- Take the towel and fold in half length wise
- Place one hand on each end of the towel
- Twist the towel back and forth like you are wringing out a wet wash cloth

- 2 sets of 5 repetitions
- 3 sets of 5 repetitions
- 2 sets of 8 repetitions
Have you completed one hour of exercise?

If it took you less than one hour to complete your exercises, you can start back at the first exercise and continue until at least one hour has passed.

The more you activate your muscles and move your arms/hands, the more your brain re-learns how to control the muscles.