

## INSTRUCTION MANUAL

Introduction: This manual provides a detailed overview of a five-minute video sent to you comprising of five exercises. These exercises are designed to improve the range of motion and functional use of the upper extremities.

### General Instructions

- Preparation: Before starting, ensure you are in a safe and comfortable space where you can move freely. Use a chair or stand with back support if needed.
- Progression: If you experience any pain or discomfort, reduce the intensity or number of repetitions and consult the researcher.
- Rest: Take a short break if needed between exercises to prevent fatigue and maintain focus

### Specific Instructions

#### Exercise 1: Shoulder Flexion.

- Starting Position: Sit or stand with a neutral spine and both arms relaxed at your sides.
- Movement: Slowly raise the affected arm in front of you, keeping your elbow straight. Bring the arm up to about shoulder height, then slowly return to the starting position.
- Repetitions: 20 repetitions, 2 sets

#### Exercise 2: Elbow Flexion and Extension

- Starting Position: Sit or stand with your arm at your side, elbow slightly bent.
- Movement: Bend the elbow to bring the hand toward the shoulder, then straighten the arm back out. Focus on controlling the movement through both phases.
- Repetitions: 20 repetitions, 2 sets

#### Exercise 3: Forearm Supination and Pronation

- Starting Position: Sit or stand with the elbow at 90° and the forearm parallel to the ground.

- Movement: Slowly rotate the forearm, turning the palm up (supination) and then turning it down (pronation). Move through the full range of motion without discomfort.
- Repetitions: 20 repetitions, 2 sets

#### Exercise 4: Hand Slide Movement

- Starting Position: Sit with both hands resting on a table or flat surface, with fingers spread slightly apart.
- Movement: Slowly slide the affected hand forward, then back toward you. Ensure that the movement is smooth and controlled.
- Repetitions: 20 repetitions, 2 sets

#### Exercise 5: Constraint-Induced Movement Therapy (CIMT)

- Starting Position: Secure a soft restraint (such as a mitt or wrap) around the unaffected hand, ensuring it is comfortable but immobilized.
- Movement: With the unaffected hand restrained, use the affected hand to complete activities of daily living (ADLs). Examples include brushing your teeth, eating, or manipulating objects.
- Repetitions: Complete 200 repetitions of ADLs over the course of one hour.

#### Diagrammatic Illustration of the Prescribed Exercises



Figure 1: Shoulder Flexion



Figure 2: Elbow Flexion and Extension



Figure 3: Forearm Supination and Pronation



Figure 4: Hand Slide Movement



Figure 5: Constraint-Induced Movement Therapy

Note: All images were generated by DeepAI.