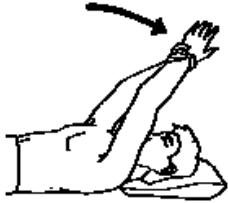


7. Bring your hand up above your head.

Hold for _____ seconds

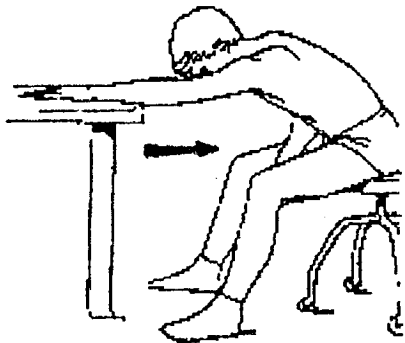
Repeat _____ times



8. Place your hand on a table in front of you. Lean forwards, pushing your chair back.

Hold for _____ seconds

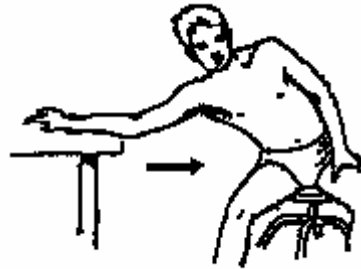
Repeat _____ times



9. Place your arm on a table to the side of you. Lean away from your arm, bringing the chair away from the table.

Hold for _____ seconds

Repeat _____ times



Stretches for Brachial Plexus Injuries

If you require this leaflet in
any other format, eg, large
print, please telephone
01935 384256

Therapy Department

www.yeovilhospital.nhs.uk

1. Slowly rotate your shoulder blades forwards and backwards.

Repeat _____ times.



2. Place your elbow on a solid object, for example a thick book.

Straighten your elbow over the book.

Perform the stretch with your palm up and your palm down.

Hold for _____ seconds each

Repeat _____ times each



3. Using your other hand to help, bend your elbow as far as you can.

Hold for _____ seconds each

Repeat _____ times each



4. Rest your forearm on a table and keep your elbow flexed to 90° and tucked into your side. Using your other hand to help, turn your hand palm up as far as it can go.

Using your other hand to help, turn your hand palm down as far as you can.

Do not allow your elbow to move while you are stretching.

Hold for _____ seconds each

Repeat _____ times each

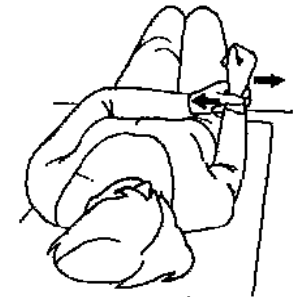


5. Push your elbow down firmly into the bed.

Keeping your elbow firmly anchored, push your hand out to the side.

Hold for _____ seconds

Repeat _____ times



6. Rest your forearm on the edge of a table to the side of you. Lean forwards.

Hold for _____ seconds

Repeat _____ times

