



EDUCATA

Your Online Continuing Education Resource

Therapeutic Exercises

An Upper Extremity Regime

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- I. Introduction: Understanding the role of therapeutic exercise (25 minutes)
 - A. Why do we use therapeutic exercise?
 - B. Modes of therapeutic exercise
 - 1. Active
 - 2. Passive
 - 3. Resistive
 - C. Selecting the appropriate exercise
 - D. Defining the types of exercise
 - 1. Passive range of motion
 - 2. Active range of motion
- II. Therapeutic exercises by joint
 - A. The shoulder (150 minutes)
 - 1. Resistance exercise
 - 2. Passive range of motion
 - a. Pendulums
 - b. Pulleys
 - c. Cane exercises
 - d. Other active-assist exercises
 - 3. Active-assist exercises
 - a. Isometric strengthening
 - b. Isotonic strengthening
 - c. Exercises in prone/sidelying/supine
 - d. Exercises in standing
 - e. Theratubing exercises
 - f. Scapula stabilization
 - g. Stretching
 - B. Elbow (20 minutes)
 - 1. Passive range of motion
 - 2. Active-assist exercises
 - 3. Isotonic strengthening
 - 4. Stretches
 - C. Forearm (20 minutes)
 - 1. Passive range of motion
 - 2. Active range of motion
 - 3. Isotonic strengthening
 - D. Wrist (35 minutes)
 - 1. Passive range of motion
 - 2. Active-assist exercises
 - 3. Active range of motion
 - 4. Isotonic strengthening
 - 5. Stretches

Notes

E. Hand (45 minutes)

1. Passive range of motion
2. Active range of motion
3. Flexor tendon glides
4. Extensor tendon mobilization
5. Strengthening
 - a. Flexor tendons
 - b. Extensor tendons
 - c. Grip
 - d. Intrinsic
 - e. Thumb

F. Fine motor object manipulation (5 minutes)

III. Conclusion (20 minutes)

- A. Answers to common questions
- B. Final thoughts

Notes

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