

How to start engaging your affected arm in daily activities

Once you are allowed to start moving your arm with some assistance from your other hand (*active-assisted movement*), you may start to use your arm to perform some daily activities which do not require too much shoulder movement.

Here are some examples of activities which are safe to perform. Using your affected arm in these gentle activities may help to improve your ability to cope with your daily tasks.

If you are unsure about whether it is safe to start using your arm in any other daily activities, do consult your doctor or therapist.

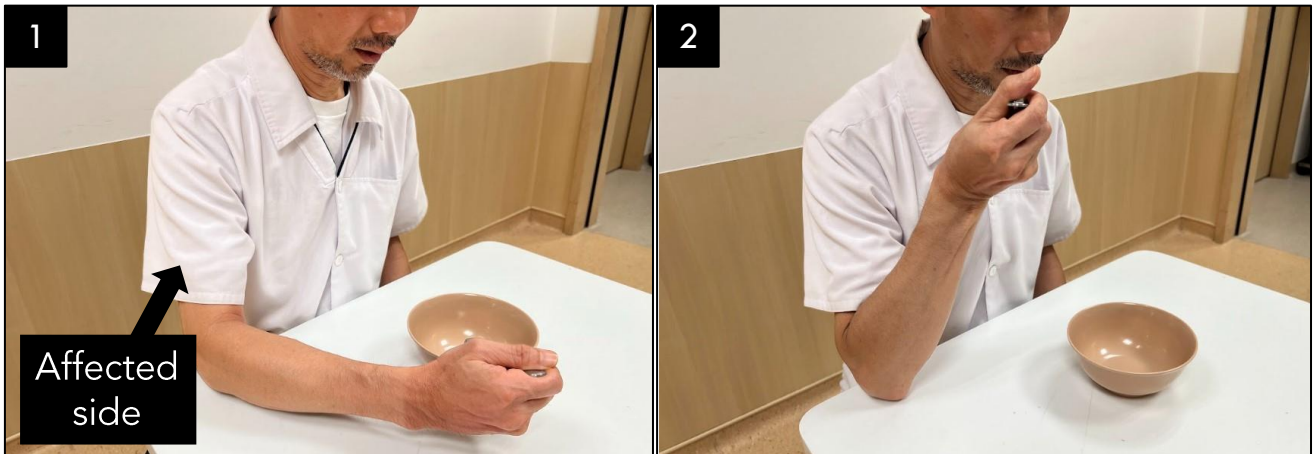
1. Washing your unaffected arm

Use your affected arm to wash your unaffected arm and your body.



2. Feeding yourself with your affected arm

- Use your hand (*affected side*) to feed yourself.
- If you find it too tiring to feed yourself with your affected hand, rest your elbow on the table as shown below.



- If the table is too low and you have some difficulty maintaining the position needed to feed yourself with your affected arm, use a rolled-up towel to support your elbow on the table as shown.

