

# Progressively Engaging in Daily Activities with Your Affected Arm

Once you have been allowed to start moving your shoulder on your own, performing the following activities with your affected arm could help improve your movement and participation in daily activities.

You may perform these in addition to your prescribed home exercise programme or substitute your exercises with these movements based on your therapist's advice. Please **only** perform these activities if your doctor and therapist have allowed you to start moving your arm without any assistance from your other hand (*active movement*).

## Instructions:

1. From the list below, **click on the activity(s)** you would like to find out more about.
2. Click on the "[Back to top](#)" button at the bottom right-hand corner of the page to return to this list for your next exercise.

## 1. Functional activities to improve shoulder flexion

- A. Washing your hair with your affected arm
- B. Wiping the table
- C. Wiping the wall
- D. Reaching for light objects on shelves (in front of you)

## 2. Functional activities to improve shoulder abduction / adduction

- A. Wiping the table
- B. Wiping the wall
- C. Reaching for light objects on higher shelves (to either side)
- D. Wiping a window grille

## 3. Functional activities to improve shoulder external rotation

- A. Washing the back of your head or neck
- B. Wiping the table

## 4. Functional activities to improve shoulder internal rotation

- A. Washing your back
- B. Tucking your shirt into your pants

# 1. Functional Activities to Improve Shoulder Flexion

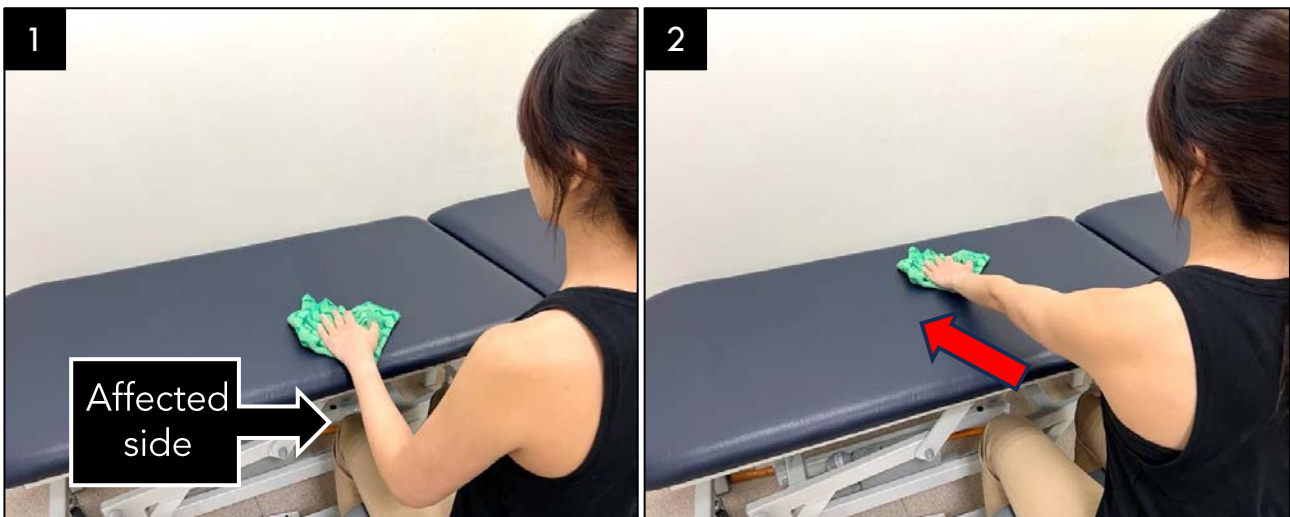
Here are some examples of activities to improve how well you can lift your arm up forward.

## 1A. Washing your hair with your affected arm



- Use your affected arm to wash your hair.
- If you are unable to hold this position for long enough, use your unaffected arm to support your affected arm till you are done washing or rinsing your hair.

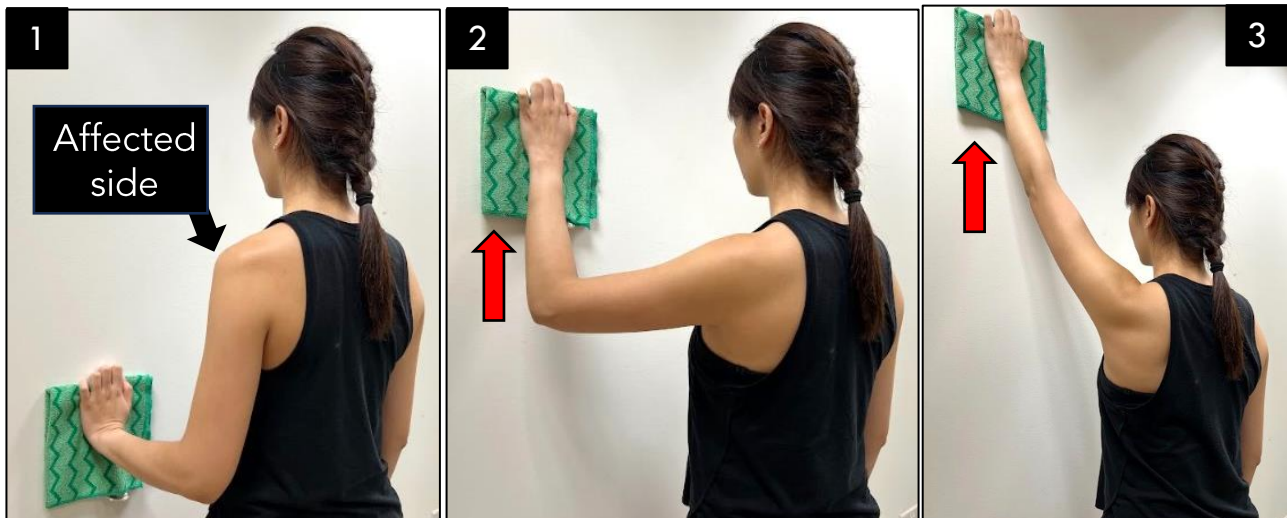
## 1B. Wiping the table



- Using your affected side, hold onto a rag and wipe the table in a forward and backward motion.
- Aim to reach forward as far as possible, without moving your body forward.

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## 1C. Wiping the wall



- Stand a short distance away from a wall. Hold a rag on your affected side and place it on the wall in front of you.
- Push the rag upwards to wipe the wall and raise your arm up as high as you can.

## 1D. Reaching for light objects on shelves (in front of you)



- Where possible, use your affected arm to reach for objects on shelves of different heights instead of relying on your unaffected arm.
- If you find yourself moving your body awkwardly to reach for objects placed on higher shelves or feel pain when performing this activity, stop and inform your therapist during your next session.

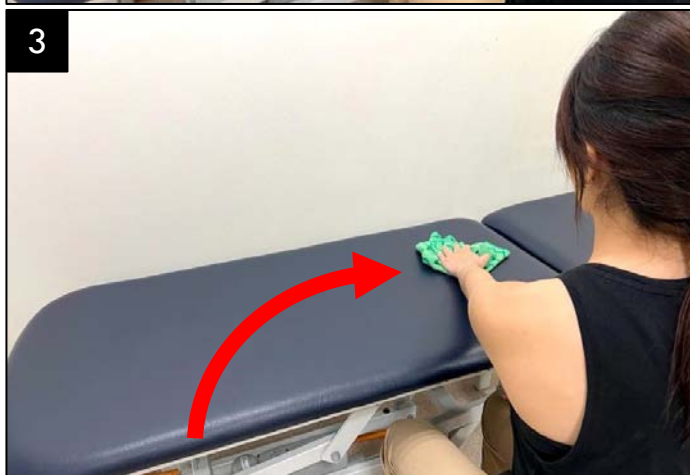
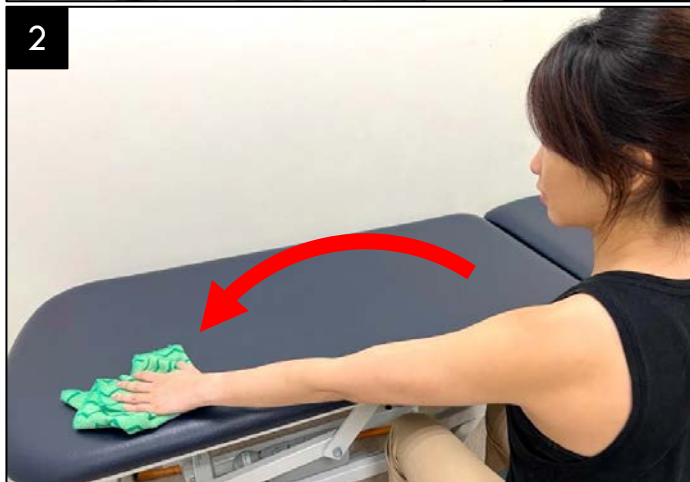
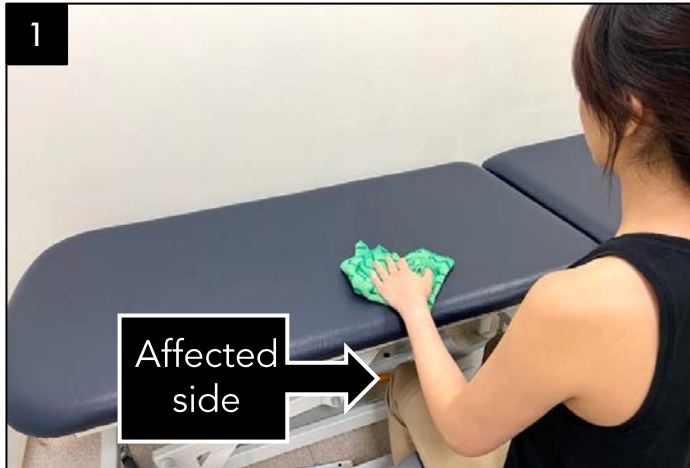
**Note: Please do not reach for heavy items (e.g., heavy glassware or food containers) unless advised by your doctor or therapist.**

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## 2. Functional Activities to Improve Shoulder Abduction / Adduction

Here are some examples of activities to improve how well you can lift your arm sideways away from or towards your body.

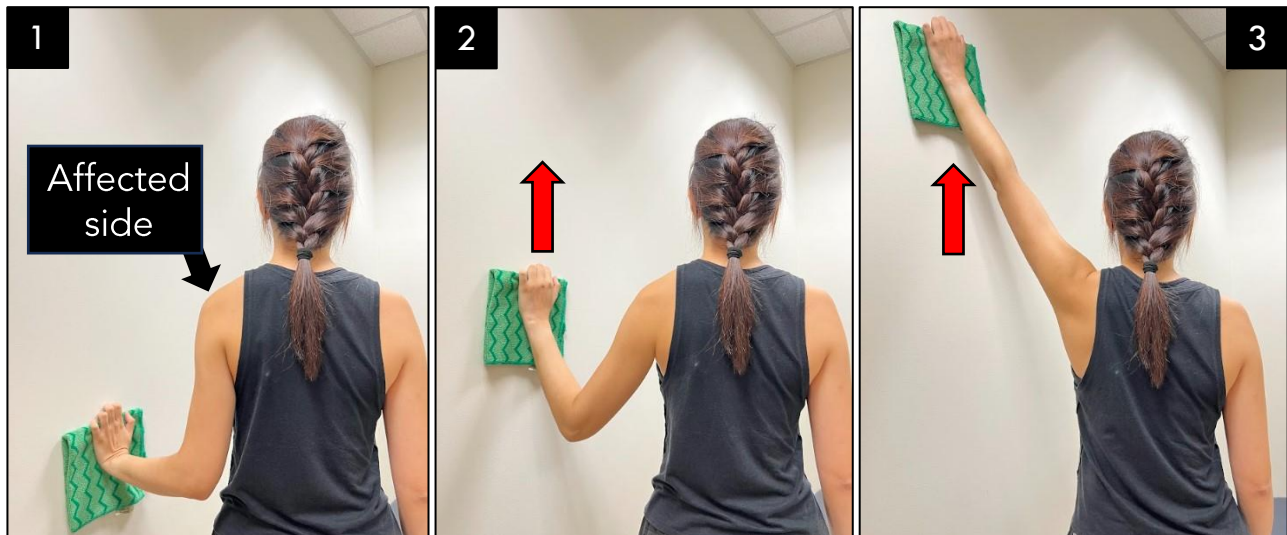
### 2A. Wiping the table



- Using your affected side, hold onto a rag and wipe the table from side to side.
- Try to reach each way as far as possible without moving your body forwards or sideways.

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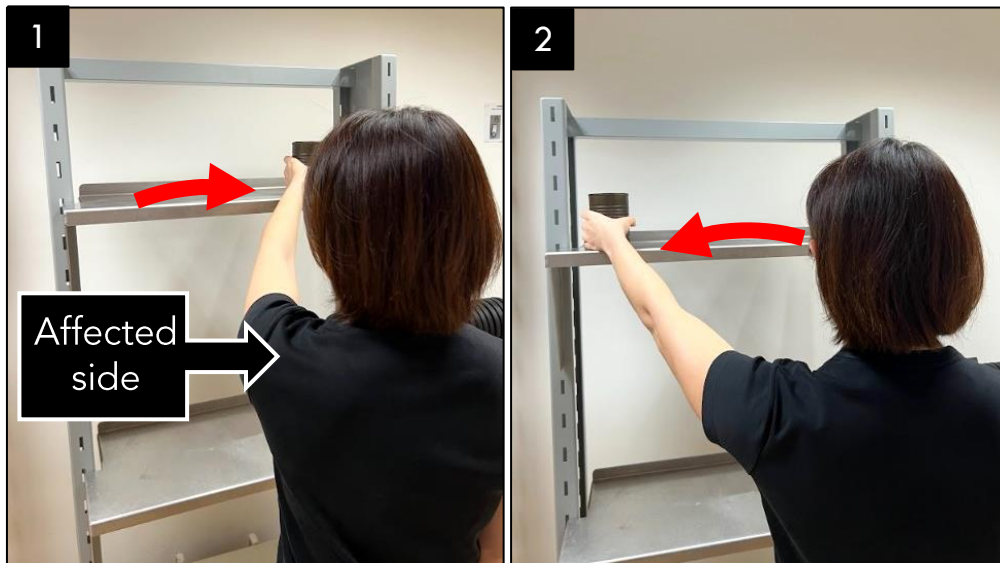
## 2B. Wiping the wall



- Stand with your affected side a short distance away from a wall.
- Using your affected arm, hold a rag and place it on the wall to your side.
- Push the rag upwards to wipe the wall and raise your arm up sideways as high as you can.

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## 2C. Reaching for light objects on higher shelves (to either side)

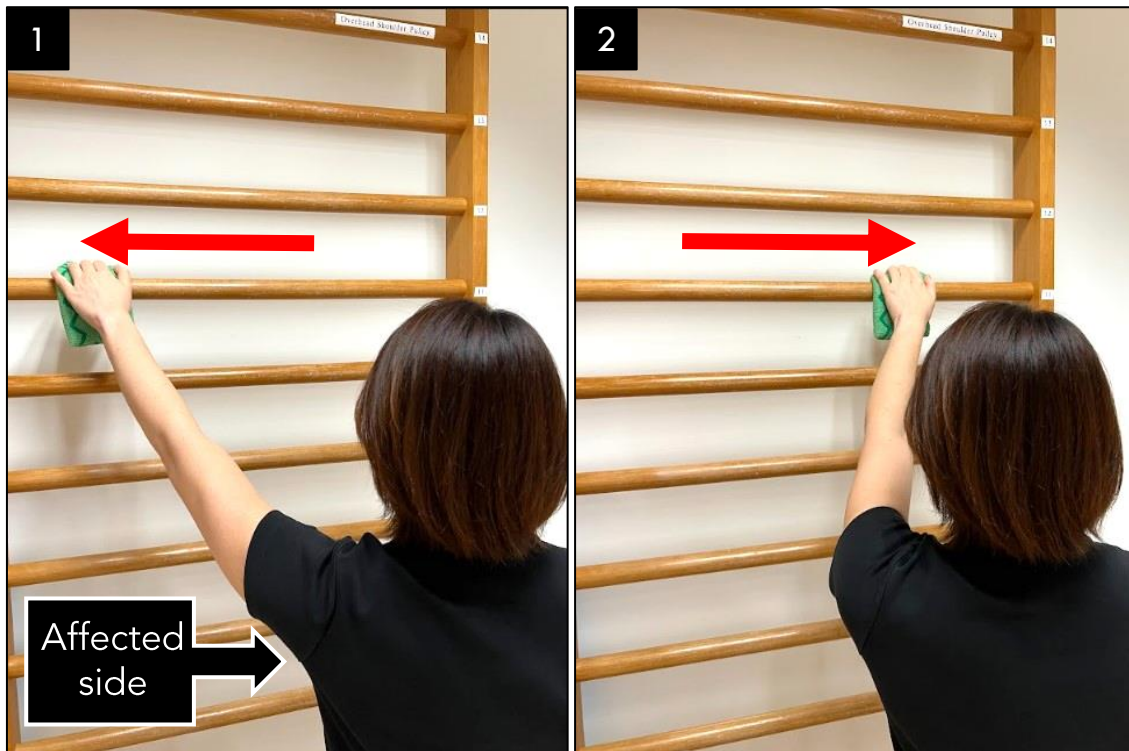


**Note: Please do not reach for heavy items (e.g., heavy glassware or food containers) unless advised by your doctor or therapist.**

- Use your affected arm to reach for and move light objects from side to side on shelves of different heights.
- If you find moving your body awkwardly to reach for the object or feel pain when performing this activity, please stop and inform your therapist during your next session.

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## 2D. Wiping a window grille



- Place a rag on the window grille at a height that is slightly more difficult for you to reach.
- Use your affected arm to reach forward and wipe the window grille from side to side as far as you can.
- If you find yourself moving your body awkwardly or feel pain when performing this activity, please stop and inform your therapist during your next session.

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### 3. Functional Activities to Improve Shoulder External Rotation

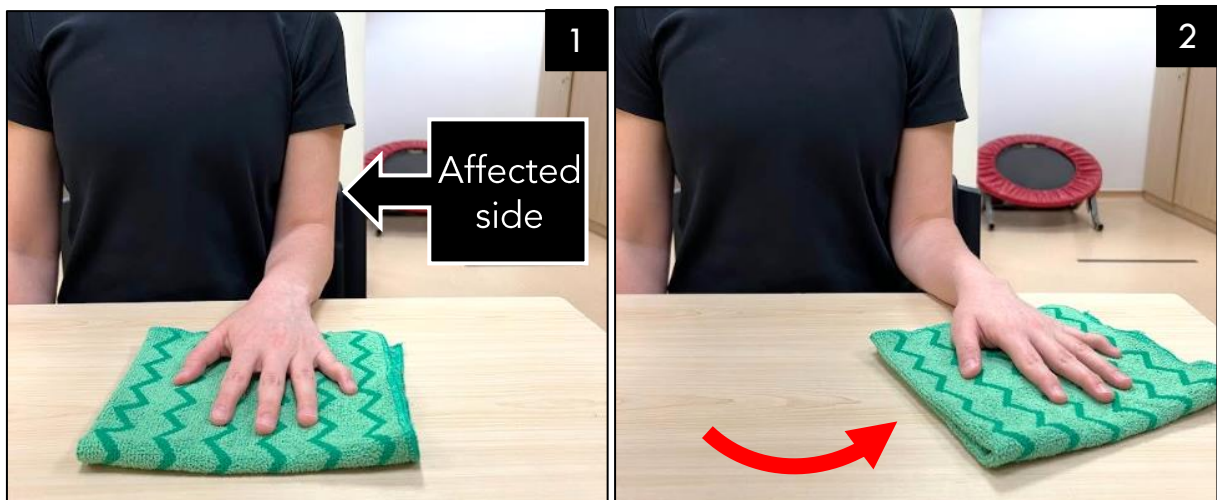
Here are some examples of activities to improve how well you rotate your arm away from your body.

#### 3A. Washing the back of your head or neck



- Using your affected arm to wash or rinse the back of your head or neck.
- If you are unable to hold this position long enough, use your unaffected arm to support your affected arm till you are done washing or rinsing your hair.

#### 3B. Wiping the table



- Keep your affected arm by your side and place your hand on a folded towel.
- Rotate your arm away from your body to bring the towel outwards.

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## 4. Functional Activities to Improve Shoulder Internal Rotation

Here are some examples of activities to improve how well you rotate your arm towards your body.

### 4A. Washing your back



- Use your affected arm to wash the parts of your back that you can reach.
- If you are unable to reach your upper back, use a long-handled sponge or brush.

### 4B. Tucking your shirt into your pants



- Instead of using your unaffected arm, use your affected arm to practice tucking your shirt into your pants or reaching for items within your back pocket.

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