

Physiotherapy: Exercises for Upper Limb Amputation



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Information for patients,
relatives and carers



Introduction

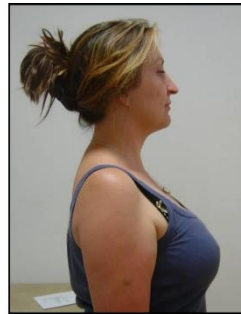
- This booklet is to help you remember the exercises that have been shown to you by your physiotherapist
- Always perform the exercises on both sides
- Try to keep performing the exercises even after you have been discharged from hospital
- If you have any questions regarding any information in this booklet, please ask a member of the team

Before you get started with the exercises

- Ensure you are sat upright and balanced – engage your core to sit upright.
- You can add resistance bands or small weights to progress these exercises when advised by your physiotherapist.
- Unless advised specifically by your physiotherapist, repeat each exercise 10 times, aiming for three times a day.
- If any of the exercises give you any pain, please stop immediately and inform your physiotherapist.

1. Correcting Your Posture

- Sit up tall and try to make your back as straight as you can
- Tuck in your chin and look straight forward
- Draw your shoulders down and back whilst keeping your elbows tucked in
- Try to imagine gently squeezing your shoulder blades together
- Try to maintain this posture for all of the following exercises



2. Neck Flexion

- Slowly and controlled, roll your chin down towards your chest
- Hold for 5 seconds
- Slowly bring your head back up to the starting position



3. Neck Extension

- Slowly and controlled, roll your head back and look up
- Hold for 5 seconds
- Slowly bring your head back to the starting position



4. Neck Rotation (Right & Left)

- Slowly and controlled, turn your head to look over one shoulder
- Hold for 5 seconds
- Return to the starting position
- Repeat exercise by looking over the opposite shoulder



5. Neck Slide Flexion (Right & Left)

- Lower one ear down towards your shoulder
- Keep your shoulder still and only move your head
- Hold for 5 seconds
- Return to the starting position
- Repeat exercise by bringing your ear down towards your other shoulder



6. Shoulder Flexion

- Start with your arms straight down beside your body with your thumbs pointing up, raise both your arms forwards as high as you can
- Try to keep your arms straight
- Try not to shrug your shoulders up as you perform this exercise
- Slowly lower your arms to the starting position



You can also perform this exercise whilst lying down



7. Shoulder Abduction

- Starting with both arms beside your body
- Lift both arms upwards and outwards
- Try not to shrug your shoulders up as you perform this exercise
- Slowly lower your arms to the starting position



You can also perform this exercise whilst lying down

8. Shoulder External Rotation

- Starting with both elbows bent and tucked in beside your body
- Rotate both your arms outwards away from your body
- Try to keep your elbows tucked in at all times
- Slowly rotate your arms inwards back to the starting position



You can also perform this exercise whilst lying down



9. Elbow Flexion / Bicep Curl

- Starting with both your arms hanging down beside your body with you elbows straight
- Keeping both elbows tucked in
- Bend both elbows
- Slowly straighten both elbows to starting position

You can also perform this exercise whilst lying down



10. Lower Trapezius and Deep Neck Flexors

- Lie on your front with your forehead rested on a pillow or rolled up towel
- Relax your arms by your sides



- Pull your shoulders down, away from your ears
- Gently squeeze your shoulder blades together, lifting your arms off the bed
- Relax the shoulder blades and lower your arms down



11. Upper Back Rotation

- Sitting upright
- Twist around to look behind you
- You can increase the stretch by holding onto the back of the chair
- Make sure not to lift your bottom or thigh as you twist
- Hold the stretch for 5 seconds




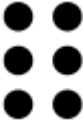


12. Open Arm Reaching

- Lie on your side (as pictured)
- Start with your arms out in-front of you at shoulder height
- Keeping your hips stacked on top of each other
- Reach your top arm out, allow your upper body to twist to follow
- Hold the stretch for a few seconds
- Bring your arm and body back to starting position



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