

**you
can
recover**

with

TRIO



Home Programme

The image features a white background with several overlapping circles. Some circles are solid black, while others are white with a thin black outline. A large, central circle is filled with a dark gray grid pattern. The text 'YOUR RECOVERY' is centered within this grid circle in a bold, white, sans-serif font. Below it, a solid black circle contains the text 'starts HERE' in a bold, white, sans-serif font. The overall composition is abstract and modern.

**YOUR
RECOVERY**

**starts
HERE**



**Give
yourself the
best chance**

**Please contact your GP
or therapist if:**

- Pain stops you from doing any exercises
- You feel so tired after doing your practice that you cannot participate fully in your regular daily activities or therapy

This programme is designed to help improve your arm and hand function.

You have the potential to make a full, or nearly full, recovery in your arm and hand.

Practicing at home has lots of benefits:

- Strengthening your weaker arm
- Improving its flexibility
- Reducing pain
- Enabling you to do more with this arm and hand

Your therapist will help you to learn your home programme. After this you should complete your programme independently on a daily basis.

Do your programme for:

About 30 minutes daily for at least 2 weeks, and up to 4 weeks.



Record your participation:

Fill in a practice log sheet (Page vii) with the date, number of minutes of exercise completed and include any further notes.

ACTIVITIES

SHOULDER ACTIVITY

- | | |
|--|---|
| <input type="radio"/> Theraband - Pull Up | a |
| <input type="radio"/> Theraband - Pull Down | b |
| <input type="radio"/> Theraband - Arm to Side | c |
| <input type="radio"/> Theraband - Outward Rotation | d |
| <input type="radio"/> Theraband - Inward Rotation | e |
| <input type="radio"/> Theraband - Shoulder Blades | f |

ELBOW ACTIVITY

- | | |
|-----------------------------------|---|
| <input type="radio"/> Elbow Bends | g |
|-----------------------------------|---|

WRIST ACTIVITY

- | | |
|-----------------------------------|---|
| <input type="radio"/> Wrist Bends | h |
|-----------------------------------|---|

FINGER ACTIVITY

- | | |
|------------------------------------|---|
| <input type="radio"/> Finger Putty | i |
|------------------------------------|---|

FUNCTIONAL ACTIVITY

- | | |
|--------------------------------------|---|
| <input type="radio"/> Drying Off | j |
| <input type="radio"/> Cup Placing | k |
| <input type="radio"/> Pouring | l |
| <input type="radio"/> Rolling a Ball | m |
| <input type="radio"/> Drop and Catch | n |

ACTIVITIES CONT...

<input type="radio"/> Counting Out the Change	o
<input type="radio"/> Drawing and Cutting	p
<input type="radio"/> Crumpling Paper	q
<input type="radio"/> Cards - Spread and Tidy	r
<input type="radio"/> Cards - Sorting	s
<input type="radio"/> Cards - Dealing	t
<input type="radio"/> Writing	u
<input type="radio"/> Pencil - Shuffle	v
<input type="radio"/> Pencil - Roll	w
<input type="radio"/> Pencil - Twirl	x
<input type="radio"/> Pegs	y
<input type="radio"/> Pick Up Sticks	z
<input type="radio"/> Poker Chips	aa
<input type="radio"/> Tying Shoelaces	ab
<input type="radio"/> Using Cutlery - Knife and Fork	ac
<input type="radio"/> Using Cutlery - Spoon	ad

PRACTICE LOG SHEET

	WEEK 1	WEEK 2	
Monday			DATE
			TIME
Tuesday			DATE
			TIME
Wednesday			DATE
			TIME
Thursday			DATE
			TIME
Friday			DATE
			TIME
Saturday			DATE
			TIME
Sunday			DATE
			TIME

Please record the amount of time (in minutes) that you spent doing your arm and hand practice each day for 2–4 weeks.
Write notes if needed.

PRACTICE LOG SHEET

	WEEK 3	WEEK 4	
Monday			DATE
			TIME
Tuesday			DATE
			TIME
Wednesday			DATE
			TIME
Thursday			DATE
			TIME
Friday			DATE
			TIME
Saturday			DATE
			TIME
Sunday			DATE
			TIME

Please record the amount of time (in minutes) that you spent doing your arm and hand practice each day for 2—4 weeks. Write notes if needed.

Theraband - Pull Up

What you need: Theraband



Place the slightly stretched theraband under your foot to anchor it.



Hold the other end of the theraband with your weak hand and raise your arm up as high as you can, hold for a count of 3-5 seconds.



NOTE: Keep your elbow straight and your thumb pointing upward. Avoid arching your back or hiking your shoulder.

PROGRESS COLOUR OF THE
THERABAND

start with a light band,
to medium, to hard

START

2 x 8 repetitions

PROGRESS

2 x 10 repetitions

PROGRESS

3 x 10 repetitions

Theraband - Pull Down

What you need: Theraband



Securely attach the theraband at the top of a closed door to anchor it.



Hold the other end of the theraband with your weak hand and pull your arm down to your side, hold for a count of 3-5 seconds.



NOTE: Keep your elbow straight and your thumb pointing upward. Avoid arching your back or hiking your shoulder.

PROGRESS COLOUR OF THE
THERABAND

start with a light band,
to medium, to hard

START

2 x 8 repetitions

PROGRESS

2 x 10 repetitions

PROGRESS

3 x 10 repetitions

Theraband - Arm to Side

What you need: Theraband



Place the slightly stretched theraband under your foot to anchor it.



Hold the other end of the theraband with your weak hand and lift your arm up to the side (as high as is comfortable) then slowly return.



NOTE: Keep your elbow straight and your thumb pointing upward. Avoid arching your back or hiking your shoulder.

PROGRESS COLOUR OF THE
THERABAND

start with a light band,
to medium, to hard

START

2 x 8 repetitions

PROGRESS

2 x 10 repetitions

PROGRESS

3 x 10 repetitions

Theraband - Outward Rotation

What you need: Theraband, towel



1.
Securely attach the theraband to a doorway at waist height (you can place a towel roll under your arm).



2.
Hold the other end of the theraband with your weaker arm across your stomach.



3.
Pull the theraband away from the wall.

NOTE: Keep your elbow by your side, your forearm parallel to the ground and your wrist straight.

PROGRESS COLOUR OF THE
THERABAND

start with a light band,
to medium, to hard



Theraband - Inward Rotation

What you need: Theraband, towel



Securely attach the theraband to a doorway at waist height (you can place a towel roll under your arm).

NOTE: Keep your elbow by your side, your forearm parallel to the ground and your wrist straight.



Grasp the end of the theraband with your elbow bent at 90 degrees and your hand in line with your shoulder.



Pull the theraband away from the door.

PROGRESS COLOUR OF THE
THERABAND

start with a light band,
to medium, to hard

START

2 x 8 repetitions

PROGRESS

2 x 10 repetitions

PROGRESS

3 x 10 repetitions

Theraband - Shoulder Blades

What you need: Theraband



Fold the theraband in half and securely attach it to a doorway at waist height.



Grasp the two ends of the theraband and pull your arms into your sides with your elbows bent.



Then slowly bring your arms back in front of you.

NOTE: You can do this sitting in a chair.

PROGRESS COLOUR OF THE
THERABAND

start with a light band,
to medium, to hard



Elbow Bends

What you need: Hand weight or tin



Hold the weight or tin in your weaker hand and put your hand, palm up, on the table.



Move your hand towards your shoulder for a count of 3.



Lower your hand down for a count of 3.

NOTE: If you have several weights, slowly increase the weight you lift.

START

2 x 8 repetitions

PROGRESS

2 x 10 repetitions

PROGRESS

3 x 10 repetitions

Wrist Bends

What you need: Hand weight or tin



Hold the weight or tin in your weaker hand and put your hand on the table facing down.



Stabilise your weaker arm with your stronger hand and lift your wrist as high as you can for a count of 3.



Lower your wrist down for a count of 3.

NOTE: If you have several weights, slowly increase the weight you lift. For a larger range of movement place your hand over the edge of the table then complete.



Finger Putty

What you need: Putty or playdough



With your weaker hand: Roll the putty into a rope. Push your fingers (including the thumb) one at a time into the putty to make indents.



Roll the putty into a rope. Put the putty in your stronger hand. Now grasp the putty with your thumb and fingers, twist and pull.



Roll the putty into a ball. Put the putty in your stronger hand. Take one finger at a time and push into the putty ball.

START

2 x 8 repetitions

PROGRESS

2 x 10 repetitions

PROGRESS

3 x 10 repetitions

Drying Off

What you need: Towel



Place the towel on the table. Fold it in half length wise.



Place a hand at each end of the towel and lift the towel over your head so it touches your neck.



Move the towel back and forth across your neck and shoulders like you are drying off after a shower.



Cup Placing

What you need: Cup and targets (e.g coasters)



Place the cup in your weaker hand and place targets in a semicircle on the table.



Place the cup on the first target then replace your weaker hand on your lap.



Reach and move the cup (with your weaker hand) to the next target then replace your hand on your lap.

Repeat until you have placed the cup on each target.

NOTE: Change the order of the targets that you place the cup on. Try putting the targets in front of you on the floor. Use different size and weight cups. If able you may want to partly fill the cups with cold water.

START

1 x set

PROGRESS

3 x sets

PROGRESS

5 x sets

Pouring

What you need: 2 cups



Place 2 cups on the table, one half full of water.



Hold the empty cup with your stronger hand, pick up the cup with water with your weaker hand.



Pour the water into the empty cup.

START

Pour back and forth x 20

PROGRESS

Pour back and forth x 30

PROGRESS

Pour back and forth x 40

Rolling a Ball

What you need: A ball



Place your hands shoulder width apart.



Roll or push the ball back and forth between your hands.



Continue until you have caught the ball with your weaker hand 20 times.

NOTE: Try going faster or placing your hands further apart. Use a smaller ball.

START

Caught x 20

PROGRESS

Caught x 30

PROGRESS

Caught x 40

Drop and Catch

What you need: A ball



Place the ball in your stronger hand and raise this arm as high as you comfortably can.



Place your weaker hand on the table.



Drop the ball and try and catch it with your weaker hand.

NOTE: Try switching your hands so the weaker one is dropping and the stronger one is catching.



Counting Out the Change

What you need: At least 5 coins



Place the coins on the table.



Pick up each coin and make a stack.



Once the coins are all stacked, start to unstack one at a time. Hold each coin in the palm of your hand and keep it there as you pick up the next coin.

NOTE: Increase the number of coins to be counted, and your speed.



Drawing and Cutting

What you need: Sheets of paper, pen, scissors



Place a sheet of paper on the table.



Draw a large shape onto the paper.



Hold the paper in your stronger hand. Use scissors with your weaker hand to cut out the shape.

NOTE: Draw more complicated shapes. Draw shapes onto different thicknesses of paper/card. Incorporate use of a stapler, ruler, hole punch.

START

PROGRESS

PROGRESS

1 shape per sheet

3 shapes per sheet

5 shapes per sheet

Crumpling Paper

What you need: Sheets of paper



Place a sheet of paper on the table.



Crumple up the paper into a ball.



Try to spread it back out into a flat piece of paper.

NOTE: To make this task easier crumple a flannel or a towel. To make it harder you could tear the paper into strips, crumple each and then flick along the table as far as possible.



Cards - Spread and Tidy

What you need: A pack of cards



Spread a pack of cards over the table.



Lift one or two at a time to make a pile.



Tidy the pile so it is straight.

NOTE: Time yourself and try to get faster.



Cards - Sorting

What you need: A pack of cards



Pick up the cards in your stronger hand.



Use your weaker hand to turn the cards one at a time and place into piles of black and red.



Repeat until all the cards are sorted into their colour.

NOTE: If able shuffle the cards. Time yourself and try to get faster.



Cards - Dealing

What you need: A pack of cards



Pick up the cards in your stronger hand.



Using your weaker hand, deal the cards for 4 players.



Repeat until all the cards are dealt.

NOTE: If able, shuffle the cards in between repetitions.



Writing

What you need: Paper, pen or pencil



Pick up a pencil in your weak hand.



Write a sentence.



Copy the sentence repeatedly.

NOTE: Over time, increase the length of the sentence and reduce the size of your writing.



Pencil - Shuffle

What you need: A pencil or pen



Pick up a pencil in your weak hand.



Shuffle the fingers/ thumb to move down the shaft of the pencil.



Shuffle the fingers/ thumb to move up the shaft of the pencil.

NOTE: Increase your speed whilst maintaining your accuracy.



Pencil - Roll

What you need: A pencil or pen



Pick up a pencil in your weak hand, place it flat in your palm.



Roll the pencil with your fingers toward the base of your palm.



Roll the pencil with your fingers toward the top of your palm.

NOTE: Increase your speed whilst maintaining your accuracy.

START

Roll up and
down x 5

PROGRESS

Roll up and
down x 10

PROGRESS

Roll up and
down x 15

Pencil - Twirl

What you need: A pencil or pen



Pick up a pencil in your weak hand.



Twirl the pencil around in a circle using your fingers.



Try twirling in the opposite direction.

NOTE: Increase your speed whilst maintaining your accuracy.
Try doing it with your eyes closed.

START

Do x 3 circles in each direction

PROGRESS

Do x 5 circles in each direction

PROGRESS

Do x 10 circles in each direction

Pegs

What you need: Clothes peg and container



Place a container on the table.



Using the weaker hand, take each peg and clip it on the edge of the container.



Using the weaker hand, take each peg off the container and place it on the table.

NOTE: Using a cup, instead of a container, will be more difficult.

START

1 x set of 5 pegs

PROGRESS

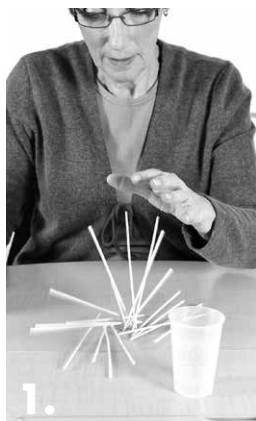
2 x sets of 5 pegs

PROGRESS

3 x sets of 5 pegs

Pick Up Sticks

What you need: Sticks (straws or skewers), cup



Put the sticks on the table.



Using the weaker hand, take each stick and place it in the cup.



Using the weaker hand, take out each stick one at a time.

NOTE: Time yourself and see if you can improve your speed. When picking up the sticks try not to let any of the other sticks move.

START

PROGRESS

PROGRESS

1 x set of 5 sticks

2 x sets of 5 sticks

3 x sets of 5 sticks

Poker Chips

What you need: Poker chips (or checkers)



Put your poker chips on the table in a line.



Using the weaker hand, flip each chip over one at a time.



Do it as fast as you can.

NOTE: Try not to flip the chips over by sliding over the edge of the table. Time yourself and see if you can improve your speed.



Tying Shoelaces

What you need: A shoe with laces



Place a shoe on a surface. Hold the shoe with the stronger hand and the shoelaces with the weaker hand.



Tie the shoe lace as much as possible with the weaker hand.



Tighten the bow using both hands.

NOTE: Reduce the amount of help with the stronger hand.

START

2 x repetitions

PROGRESS

3 x repetitions

PROGRESS

5 x repetitions

Using Cutlery - Knife and Fork

What you need: Knife, fork, putty (or food item), container



Pick up the knife and fork.



Cut off a piece of putty.



Place the putty into a container.

NOTE: Increase the resistance of the putty (or food) you are cutting.

START

5 pieces into the container

PROGRESS

10 pieces into the container

PROGRESS

15 pieces into the container

Using Cutlery - Spoon

What you need: Spoon, 2 x container, poker chips (or similar)



Place poker chips into one container and pick up a spoon with your weaker hand.



Collect a poker chip in your spoon (using your stronger hand to stabilise this container if needed).



Place each poker chip into a second container.

NOTE: Time yourself and see if you can increase your speed.

START

5 pieces into the container

PROGRESS

10 pieces into the container

PROGRESS

15 pieces into the container

Notes:

An abstract graphic design featuring a white background with various circles. Some circles are solid black, some are solid dark gray with a fine grid pattern, and others are hollow with black outlines. The circles overlap and vary in size. The word "TRIO" is written in a bold, white, sans-serif font, centered within a large dark gray grid-patterned circle in the upper-middle section. Another instance of the word "TRIO" is written in the same font, centered within a solid black circle in the lower-left quadrant.

TRIO

TRIO