

Bed Exercise 8

Hand to mouth

Difficulty level: moderate

Benefits for example:

- maintains and improves strength and control around your shoulder and elbow
- helps to reduce any swelling in your hands and arms
- improved strength of these muscles enables you to:
 - * feed yourself
 - * dress yourself
 - * use your arms to complete tasks.

Instructions

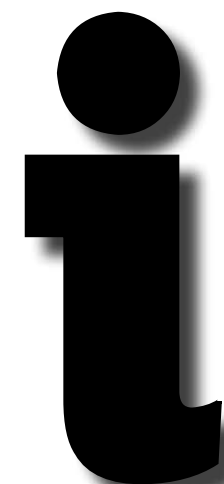
Start with your hand resting by your side. Move your hand to your mouth as if you were going to eat or drink something. Then slowly lower it back down again.

Repeat _____ times, _____ times a day



Progression of exercise

Holding a cup or item of cutlery, move your hand to your mouth as if you were going to eat or drink something.



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