

Bed Exercise 9

Hand to head

Difficulty level: difficult

Benefits for example:

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

Instructions


Start with your hand resting by your side. Move your hand to your head as if you were going to comb your hair or scratch your head. Then lower your hand slowly back down again.

Repeat _____ times, _____ times a day



Progression of exercise

Attempt to brush your hair or wash your face.


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Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.