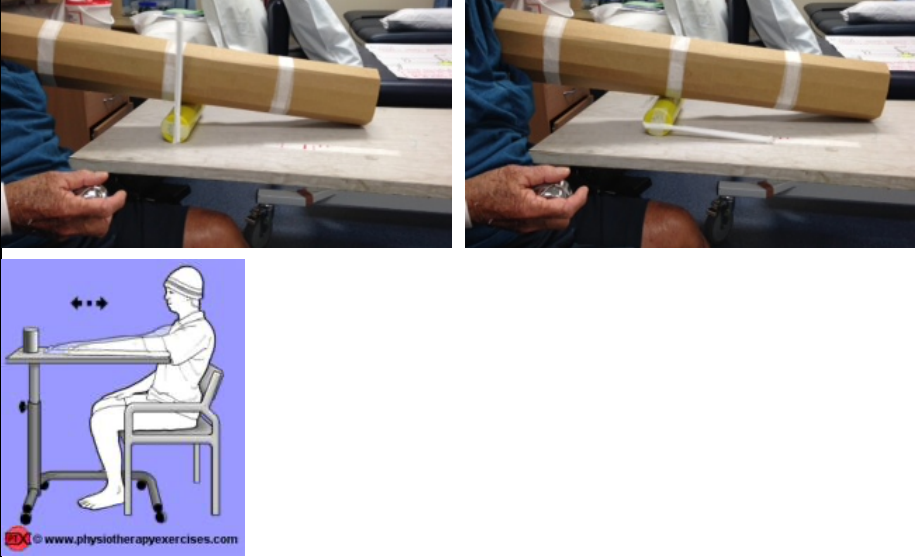



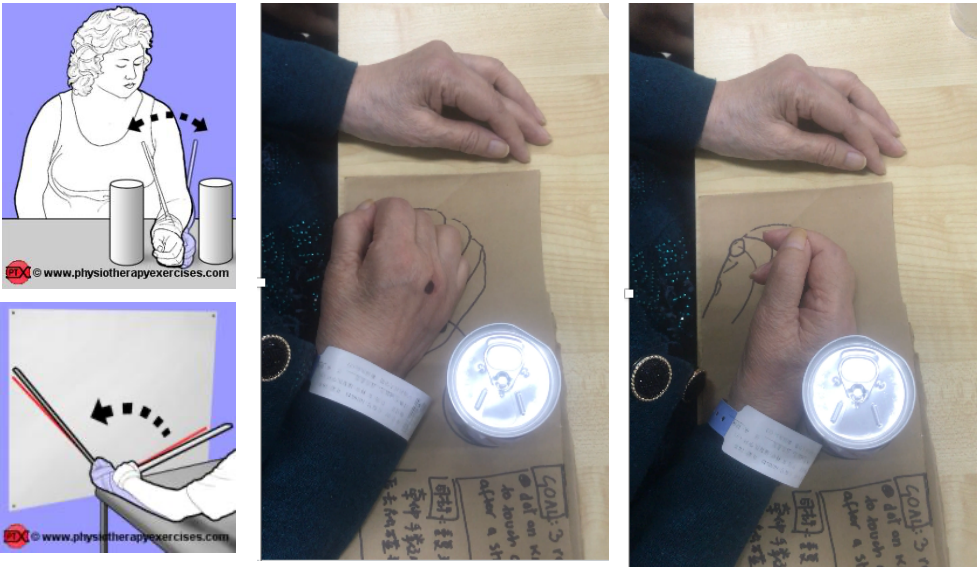
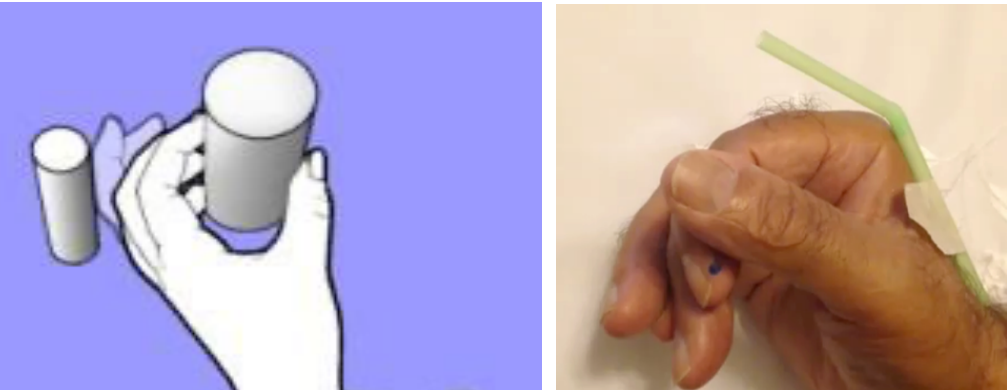
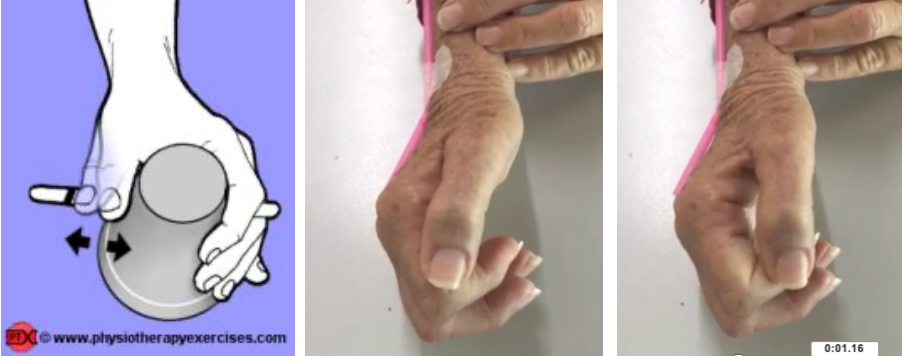



Strengthening for very weak UL muscles

Muscle Group	Environment Set-Up	Key features
Shoulder protractors		<ul style="list-style-type: none"> • Provide visual cue for endpoint • Rolled cardboard cylinder is an effective device to splint arm into extension • Cylindrical device under the cylinder with a straw attached can provide start and end points
Shoulder forward flexors and elbow extensors		<ul style="list-style-type: none"> • Provide visual cue for endpoint • Rolled cardboard cylinder is an effective device to splint arm into extension Ensure Shoulder ER occurs during movement • Ensure shoulder is in external by placing cylindrical object in hand

Muscle Group	Environment Set-Up	Key features
Shoulder external rotators		<ul style="list-style-type: none"> • Provide visual cue for endpoint • Using cardboard or paper works well to provide instructions with visual cues for start and end points • Ensure upper arm is next to trunk, can use an object between trunk and upper arm as cue (eg glasses case is a good size)
Elbow extensors/flexors		<ul style="list-style-type: none"> • Provide visual cue for endpoint • Shoulder needs to be at or close to 90 degrees to ensure pure elbow flexion/extension

Muscle Group	Environment Set-Up	Key features
Forearm supinators /pronators	 <p>The 'Environment Set-Up' for forearm supinators/pronators includes two diagrams and two photographs. The top-left diagram shows a person's head and shoulders with arrows indicating rotation. The bottom-left diagram shows a hand holding a pencil with arrows indicating rotation. The two photographs show a person's hands on a table with a cardboard sheet and a circular light cue. The cardboard has a drawing of a hand and some text. The light cue is a circular device with a blue light and a drawing of a hand.</p>	<ul style="list-style-type: none"> • Provide visual cue for endpoint • Using paper or cardboard to draw cues
MCP flexors/ extensors	 <p>The 'Environment Set-Up' for MCP flexors/ extensors includes two diagrams and one photograph. The left diagram shows a hand holding a pencil with arrows indicating movement. The right diagram shows a hand holding a pencil with arrows indicating movement. The photograph shows a hand holding a pencil with a green straw taped to the side, providing a visual cue for movement.</p>	<ul style="list-style-type: none"> • Provide visual cue for endpoint • Can provide cue to the PIP to encourage movement at MCP

Muscle Group	Environment Set-Up	Key features
Thumb abduction and conjoint rotation	 <p>The image block contains three visual elements: a diagram on the left showing a hand with a grey circle representing the thumb's path and two black arrows indicating abduction and rotation; a photograph in the middle showing a hand with a pink elastic band around the thumb; and a photograph on the right showing the hand in a different position with the pink band, demonstrating the movement.</p>	<ul style="list-style-type: none"> • Provide visual cue for endpoint • Cue for wrist extension can be used to decrease wrist flexion during thumb movement
Wrist extensors	 <p>The photograph shows a person's forearm resting on a wooden table. A yellow foam block is placed under the forearm for support. A clear plastic bottle is held in the hand, and a red and white pipe cleaner is attached to the back of the hand and wrist, providing a visual cue for the endpoint of the movement.</p>	<ul style="list-style-type: none"> • Forearm well supported with hand free to move • Bendy straw or pipe cleaner good for providing cue for end point