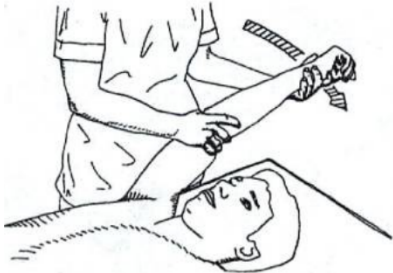


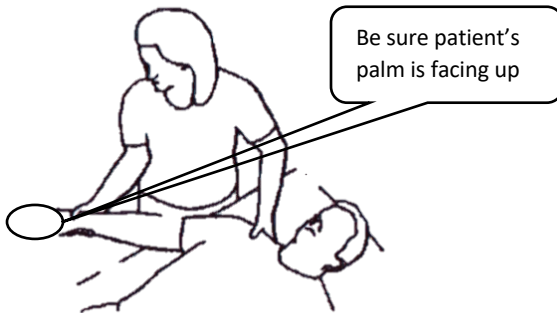
Learner \_\_\_\_\_  
Trainer \_\_\_\_\_  
Date: \_\_\_\_\_

### 1. Shoulder Flexion and Extension:



Hold at the wrist and elbow. While keeping the elbow straight, bring the arm forward and up over the head.

### 2. Shoulder Abduction:



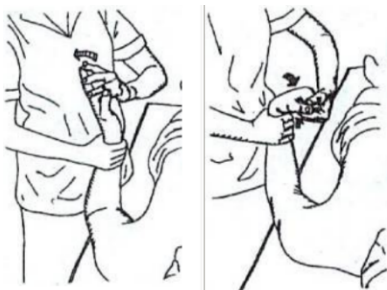
Hold at the wrist and elbow. While keeping the elbow straight, bring the arm out to the side and up over the head in an arc motion.

### 3. Elbow Flexion and Extension:



Hold the upper arm and forearm. Bend the elbow so that the hand comes toward the shoulder, then straighten the arm all the way out.

### 4. Finger and Wrist Flexion and Extension:



Hold the forearm and grasp the fingers with your other hand. Bend the wrist back, about 90 degrees and straighten the fingers out.

Then, bend the wrist the opposite direction while curling the fingers into a fist.

**If you have any questions, please contact “Peds OT” or “Peds PT” on Vocera**

Learner \_\_\_\_\_

Trainer \_\_\_\_\_

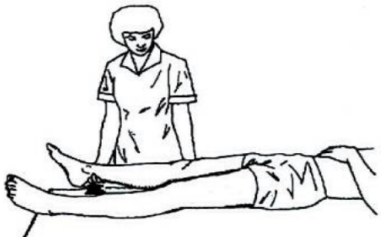
Date \_\_\_\_\_

### 1. Hip and Knee Flexion



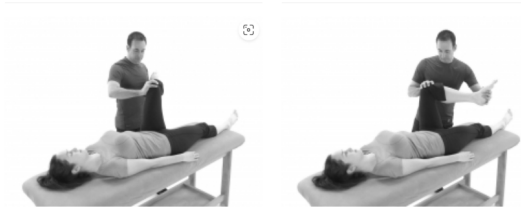
Bend knee to chest. Straighten leg out. Stop at point of resistance.

### 2. Hip Abduction and Adduction



Support under knee and ankle. Bring leg outward, ensuring knees and toes stay pointing to ceiling. Stop at point of resistance.

### 3. Hip Internal/External Rotation with Hip/Knee Flexed



With knee bent to 90 roll hip inward, then roll outward.

### 4. Hamstring Stretch



Support leg at knee and heel, raise leg up, keeping the knee straight, do not roll knee/ foot outward

### 5. Ankle Dorsiflexion



With knee straight, pull heel down and push foot upward.

If you have any questions, please contact "Peds OT" or "Peds PT" on Vocera