

Upper Extremity Exercise Routine

1. Shoulder Flexion Stretch:

- *Description:* Stand or sit with a straight posture. Lift one arm straight in front of you, reaching towards the ceiling.
- *Instructions:*
 - Hold the stretch for 15-30 seconds.
 - Repeat on the other arm.

2. Triceps Dips:

- *Description:* Sit on the edge of a sturdy chair or bench, placing your hands next to your hips. Slide your hips off the edge and lower your body, bending your elbows.
- *Instructions:*
 - Straighten your arms to return to the starting position.
 - Repeat for 10-15 reps.

3. Bicep Curls:

- *Description:* Stand with a dumbbell in each hand, arms fully extended.
- *Instructions:*
 - Curl the weights towards your shoulders, keeping your elbows close to your body.
 - Lower the weights back down.
 - Do 3 sets of 12-15 reps.

4. Wrist Flexor Stretch:

- *Description:* Extend one arm in front of you with the palm facing down. Use the opposite hand to gently press down on your fingers.
- *Instructions:*
 - Hold for 15-30 seconds.
 - Repeat on the other arm.

5. Seated Shoulder Press:

- *Description:* Sit on a chair with a dumbbell in each hand at shoulder height.
- *Instructions:*
 - Press the weights overhead, fully extending your arms.
 - Lower the weights back down.
 - Perform 3 sets of 10-12 reps.

6. Wrist Extension Exercise:

- *Description:* Sit or stand with a lightweight dumbbell in hand.
- *Instructions:*
 - Rest your forearm on a table or your knee, palm facing down.
 - Lift the weight by extending your wrist.
 - Do 3 sets of 15 reps on each arm.

7. Rotator Cuff Strengthening:

- *Description:* Hold a light dumbbell in one hand, arm at your side.
- *Instructions:*
 - Rotate your arm outward, keeping your elbow at a 90-degree angle.
 - Do 3 sets of 12-15 reps on each arm.

8. Forearm Pronation/Supination:

- *Description:* Sit with a dumbbell in hand, elbow bent at 90 degrees.
- *Instructions:*
 - Rotate your forearm, turning your palm up and down.
 - Do 3 sets of 15 reps for each forearm.

Additional Notes: