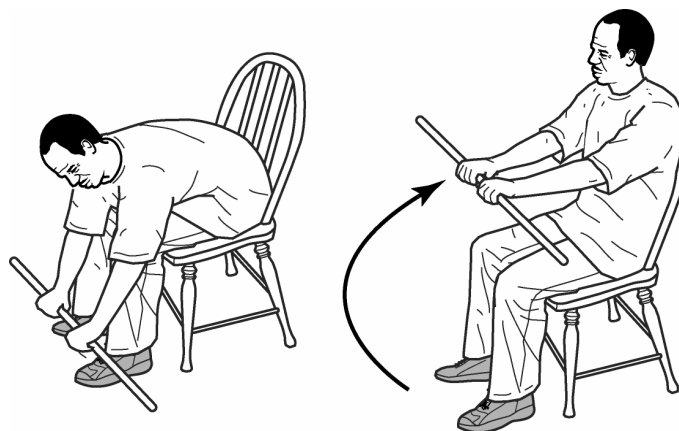


Wand Exercises

- These exercises will help increase your arm movements.
- Use a wand made from an old broom handle, cane, ball bat, yard stick, or three foot dowel rod for the following exercises.
- It is best to do these exercises sitting on a hard, straight-back chair with your feet flat on the floor. Keep your head and back in an upright position. Avoid slumping or arching your back. Sitting in front of a mirror is often helpful because you can see how you are sitting.
- Keep both arms straight as possible except when told to bend your elbows. Hold the wand about 12 inches apart with your palms down.
- All exercises should be done slowly and rhythmically. Do not use fast or jerky movements. Do not push your arms beyond their limits.

Do all the exercises _____ times each _____ times a day.

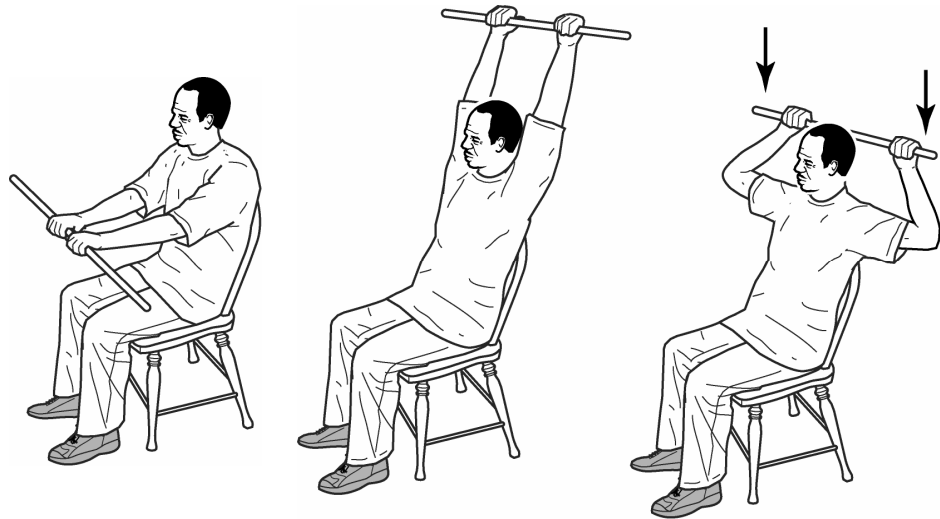
1. Lean forward so the wand rests on your ankles. Slowly bring your arms up to shoulder height.



More on next page →

Learn more about your health care.

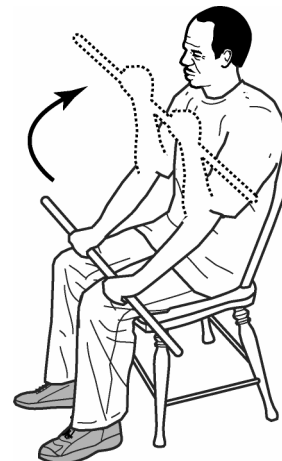
2. Slowly raise the wand over your head. Then slowly bend your elbows so that the wand is behind your head. Bring the wand up and then back to the starting position.



3. With both arms straight out, raise the wand to shoulder height. Bring the wand toward your face, while bending your elbows and keeping them by your side. Straighten your arms and return them to the starting position.



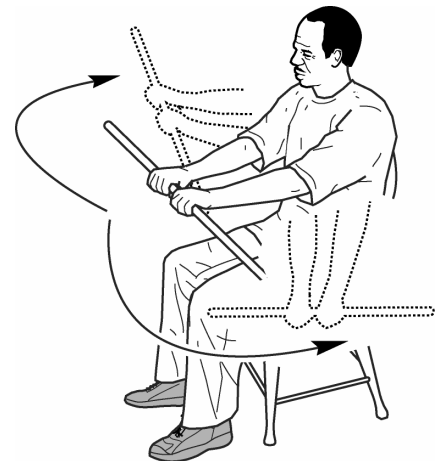
4. Straighten both arms toward your knees, and then slowly bend your elbows toward your chest. Straighten your arms back toward your knees again.



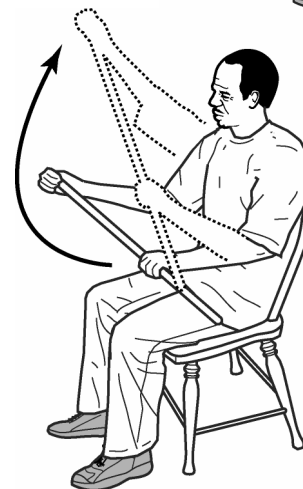
5. Place the wand straight up in between your legs with your unaffected hand holding it in place. Now place your affected hand on top of the other and slowly climb the wand by placing one hand above the other. Remember to keep both arms straight. Climb down the wand the same manner.



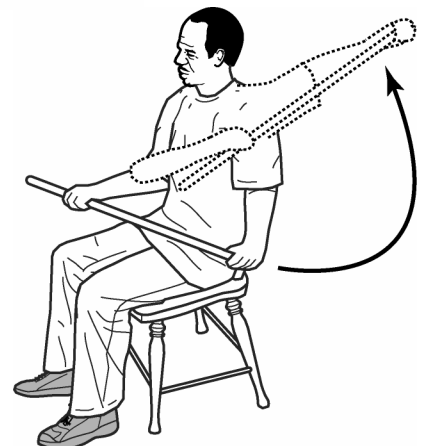
6. Keep your arms straight at shoulder height. Move your arms to the right as far as possible. Come back to the starting position and then move to the left as far as possible.



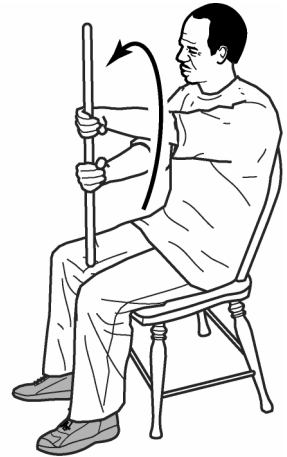
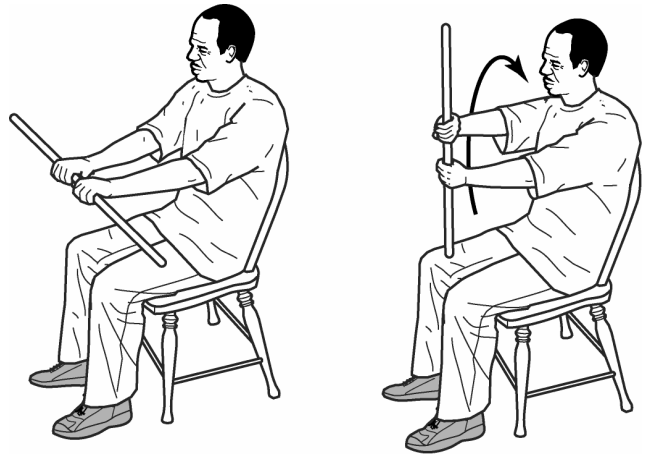
7. Grasp one end of the wand in your left hand and place the tip of it in your right hand. Move the wand to the right side of the body and as high up towards your head as possible. Your right arm will be moving away from your body. Return the wand to the starting position.



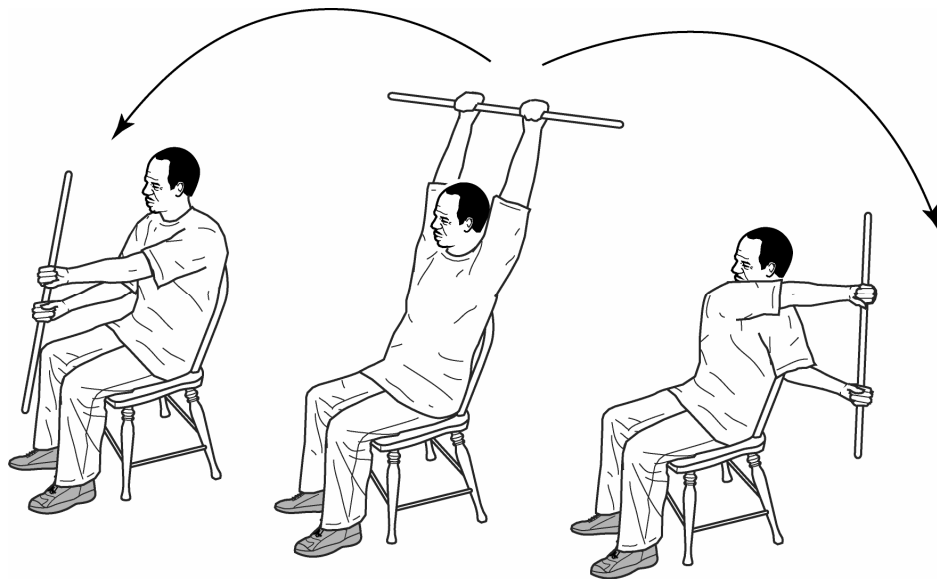
Then, switch positions by grasping the end of the wand in your right hand with the tip of it in your left hand. Move the wand to your left side.



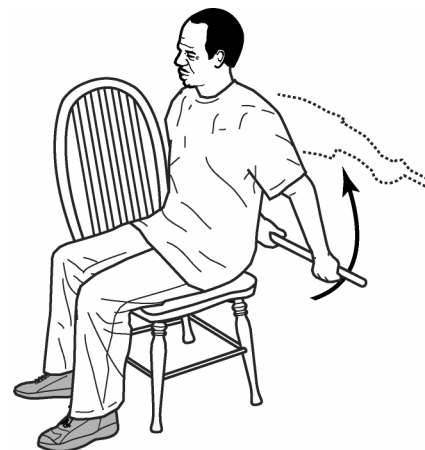
8. Hold the wand upright keeping your hands straight next to each other and in front of your body. Keep your elbows straight. Twist the wand all the way to the left, then all the way to the right.



9. Keep both of your arms straight and toward your right side. Move the wand from side to side. Slowly do this clockwise and counterclockwise.



10. Sit sideways in the chair so the wand can move backwards. Put both your hands on the wand and hold it behind your body. Move the wand up towards your head, as far as possible without leaning your body forward. Bring the wand back down, slowly.



- **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu**