

## CPT Group Therapy Programs Upper Extremity Exercise Group

### Purpose

- To improve UE functional ability, strength & endurance
- To improve performance with IADL and ADL tasks
- Educate in order to maintain therapeutic gains and assist with community re-entry

### Admission Criteria

- Free of illness or isolation precautions
- No UE movement restrictions or other medical precautions
- Must have stable vital signs
- Must be able to follow at least one step directions
- Must be able to tolerate sitting for 1 hour

### Objectives/Goals

- Increased upper extremity strength, endurance, activity tolerance
- Attention to task improvement
- Teach / reinforce home exercise program
- Increase strength of specific, targeted muscle groups
- Improve breathing and vital capacity
- Social interaction and learning from others

### Suggested Materials List

- Weighted cane, Dumbbells, Theraband, Wrist weights, various resistance supplies
- Music
- Balls, Towels, Dowel Rods
- BP kit

### Suggested Activities

- Group activity instructed by therapist (throw ball, use towel to fold, use towel to pull between 2 people, etc.)
- Dance moves to music for UEs: Hula
- Theraband ex
- Seated/ Standing AROM shoulder, elbow, wrist, hand exercises
- Each person had a spoon and bowl, first person has cup with beans in a bowl - first person spoons beans into next persons bowl and down the row it goes
- Bag with food items weigh up to 10 lbs – person carries bag, unloads food on table, others time the person, then they take a turn
- Fold sheets – 2 people standing – fold sheet together
- Dowel rod with weights

- Books on shelf – varied weight books to carry to shelf, place on lower, level or reach above head.
- WC push – ups
- Pass the ball – start off with large ball and progress to passing smaller and smaller balls (marbles) for finger dexterity
- Carry cup of water to next person, give to that person and on it goes. Object is...don't spill the water!
- Balloon Badminton – sit in a circle and bounce balloon to other group members
- Standing card games: Kings in the Corner, etc...