Shoulder

* Flex/Ext
* Int/Ext Rotation
* Abd/Add
* Horizontal Abduction

Elbow

* Flex/Ext
* Pro/Sup

Wrist

* Flex/Ext
* Radial/Ulnar deviation

Fingers

* Flex/Ext
* Abd/Ad
* Thumb

Hip

* Flex (c knee flex)
* Int/Ext Rotation (c/s hip flex)
* Abd/Add

Knee

* Flex/Ext

Ankle

* Dorsi/Plantarflexion
* Inversion/Eversion
* Circles

Toes

* Flex/Ext
* Separate & Together

**Diagonal**

*Hit yourself 🡪 Slap A Baby*

*Wallet (Sword) 🡪 Pizza*

*Leprechaun 🡪 Kick Back*

(Cross one foot over the other at the ankle w/ plantarflexion and kick back w/ dorsiflexion)

*Hacky Sack*

(start with foot crossed at knee level and straighten back out with foot inversion & plantarflexion)

**Sidelying**

Hip

* Extension (lean back)

Shoulder

* Extension

If can’t lay on side, lay supine next to edge & get asst. to hold trunk & legs