

Schphoid Fracture

Weeks 1 and 2



Seated Gross Finger Flexion Extension PROM with Caregiver

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright with your caregiver seated facing you on your involved side. Your caregiver should support your hand with your thumb-side up and place their hand over your hand.

Movement

Your caregiver will gently curl your fingers toward your palm until your hand makes a fist or light resistance is felt.

Tip

Try to keep your hand relaxed and tell your caregiver to stop if you feel an increase in pain.



Wrist Flexion Extension AROM - Palms Down

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

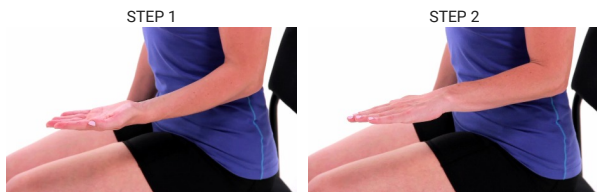
Begin sitting with your elbow bent and your forearm resting on a table. Your palm should be facing down.

Movement

Slowly bend your wrist upward as far as is comfortable, then relax and repeat.

Tip

Make sure to only move in a pain-free range of motion.



Seated Forearm Pronation and Supination AROM

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright in a chair with one arm bent to 90 degrees, palm facing up, and fingers straight.

Movement

Rotate your forearm inward, then outward, and repeat.

Tip

Make sure to only move your forearm, and keep your wrist straight during the exercise.



Seated Elbow Flexion and Extension AROM

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright in a chair with one arm straight at your side.

Movement

Bend your elbow upward as far as is comfortable, then straighten it and repeat.

Tip

Make sure to keep your movements slow and controlled.



Shoulder Flexion Wall Walk

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your arms straight and your hands resting on a wall at shoulder height.

Movement

Slowly walk your hands up the wall one at a time.

Tip

Make sure to keep your body straight during the exercise. Only walk your hands as far as you can without feeling any pain.

STEP 1



STEP 2



Standing Shoulder Abduction Finger Walk at Wall

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with a wall at your side.

Movement

Place the hand of your involved arm on the wall and walk your fingers up the wall as far as you can, then gently lean toward the wall to slide it further. Slide your hand back down, and repeat.

Tip

Make sure not to shrug your shoulder. Only raise your arm as far as you can without causing pain.

Weeks 3 and 4

STEP 1



Seated Isometric Wrist Flexion Supinated with Manual Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin with your palm facing up and fingers straight with your opposite hand gently on top of your palm.

Movement

As you bend your wrist up, resist this movement with your top hand. Pause briefly, then return to the starting position.

Tip

There should be no movement with this exercise.

STEP 1



Isometric Wrist Extension Pronated

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin with your palm facing down and fingers straight with your opposite hand gently over your other hand.

Movement

Try to bend your wrist upward but resist the movement with your upper hand.

Tip

There should be no movement with this exercise.

STEP 1



STEP 2



Hand Towel Scrunching

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright with your arm resting on a table and your hand face down on a towel.

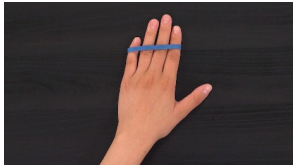
Movement

Scrunch the towel with all of your fingers.

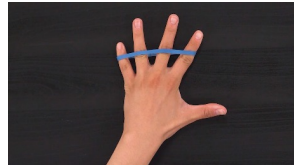
Tip

Make sure to keep your movements controlled.

STEP 1



STEP 2



Finger Abduction with Rubber Band

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

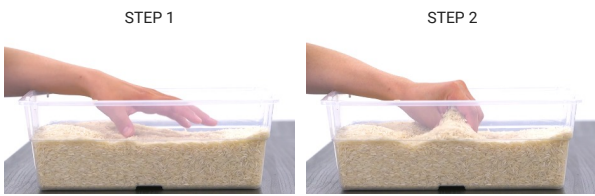
Begin sitting upright your hand flat on a table, palm down, with a rubber band looped around your fingers.

Movement

Spread your fingers apart, pressing against the resistance. Slowly return to the starting position and repeat.

Tip

Make sure to keep your movements slow and controlled during the exercise.



Sensory Feedback with Rice

REPS: 1 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Complete for 5 minutes.

Setup

Begin sitting upright with a large container of rice placed on a table in front of you.

Movement

Scoop up a handful of rice, then relax and repeat.

Tip

You can heat the rice up in a microwave until it is warm if recommended by your provider.



Seated Finger Tip Pinch with Putty

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Can utilize a towel instead of putty.

Setup

Begin sitting upright with a ball of putty between your middle finger and thumb.

Movement

Pinch the putty, pressing your middle finger and thumb together.

Tip

Make sure to keep the rest of your arm relaxed during the exercise.



Wall Push Up

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your arms straight and your hands resting on a wall at shoulder height.

Movement

Bend your elbows, leaning your body toward the wall, then push yourself back into the starting position and repeat.

Tip

Make sure to bend only at the elbows and keep the rest of your body straight during the exercise.

Weeks 5 and 6



Wrist Flexion with Dumbbell

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting tall with your hurt arm resting palm up on the edge of a table, holding a light dumbbell in your hand. Place your other hand on your forearm to help keep it steady.

Movement

Gently bend your wrist, lifting the weight up towards the ceiling, then lower it back to the starting position and repeat.

Tip

Make sure to only move your wrist during the exercise.



Wrist Extension with Dumbbell

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting tall with your hurt arm resting palm down on the edge of a table, holding a light dumbbell in your hand. Place your other hand on your forearm to help keep it steady.

Movement

Gently bend your wrist, lifting the weight up towards the ceiling, then lower it back to the starting position and repeat.

Tip

Make sure to only move your wrist during the exercise.

STEP 1



STEP 2



Standing Tricep Extensions with Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position, with your arms bent and elbows tucked at your sides, holding each end of a resistance band that is anchored above your head.

Movement

Straighten your elbows, pulling against the resistance band, then slowly bring them back to the starting position and repeat.

Tip

Make sure to keep your elbows tucked at your sides and move your arms slowly.

STEP 1



STEP 2



Standing Shoulder Row with Anchored Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing upright, holding both ends of a resistance band that is anchored in front of you at chest height, with your palms facing inward.

Movement

Pull your arms back with your elbows tucked at your sides, then return to the starting position and repeat.

Tip

Make sure to keep your core engaged and focus on squeezing your shoulder blades together as you pull on the band.

STEP 1



STEP 2



Standing Single Arm Shoulder PNF D1 Flexion with Anchored Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with one arm held out to your side, thumb pointing down, holding a resistance band anchored on that side near the ground.

Movement

Bring your arm upward across your body, rotating your thumb to point up. Then reverse this motion back to the starting position and repeat.

Tip

Make sure to keep your back straight and do not let your body turn as you move your arm.

STEP 1



STEP 2



STEP 3



Shoulder PNF D2 with Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing upright with one arm crossed in front of your body, thumb pointing down, holding a resistance band that is looped around the opposite foot.

Movement

Diagonally raise your arm overhead across your body, turning your arm so your thumb points up. Slowly reverse the movement and repeat.

Tip

Make sure to keep your elbow straight. Do not shrug your shoulders or arch your low back during the exercise.

STEP 1



STEP 2



Standing Bicep Curls Supinated with Dumbbells

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position, holding a dumbbell in each hand, with your palms facing forward.

Movement

Slowly curl both dumbbells up toward your shoulders, then lower them back down and repeat.

Tip

Make sure to keep your palms facing forward, back straight, and do not shrug your shoulder during the exercise.

STEP 1



STEP 2



Full Plank

REPS: 3 | SETS: 1 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

Setup

Begin on all fours with your arms directly underneath your shoulders.

Movement

Extend your legs backward so your body is in a plank position, and hold.

Tip

Make sure to keep your back straight, abdominals tight, and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



Standing Shoulder Shrugs with Dumbbells

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with a dumbbell in each hand and arms resting at your sides.

Movement

Gently shrug your shoulders up towards your ears, then lower them back down and repeat.

Tip

Make sure to maintain a gentle chin tuck throughout the exercise and keep your arms relaxed.

STEP 1



STEP 2



Standing Upright Shoulder Row with Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position holding both ends of a resistance band that is looped under your feet.

Movement

Pull up on the band, keeping your hands close to your body and bending your elbows until your hands are at your chest, then lower them back down and repeat.

Tip

Make sure to keep your back straight and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Push Up

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin on all fours on a comfortable surface. Move your body forward into a push-up position, with your arms slightly wider than shoulder width apart, knees straight, and feet together.

Movement

Slowly lower your body to the ground then push yourself back up and repeat.

Tip

Keep your back straight and maintain a gentle chin tuck throughout the exercise.

Weeks 7 and 8

STEP 1



STEP 2



STEP 3



Farmer's Carry with Kettlebells

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Can utilize dumbbells instead of kettlebells.

Setup

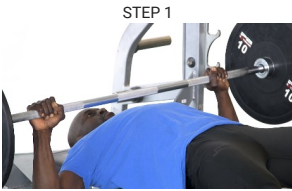
Begin standing in a flat open space with two kettlebells on the ground at your sides. Lunge down to pick up a kettlebell in each hand.

Movement

Walk forward, keeping your stomach muscles engaged, torso upright, and shoulders down and back.

Tip

Make sure to keep your core engaged and maintain your balance as you walk. Do not shrug your shoulders or let your trunk lean forward, backward, or sideways during the exercise.



Bench Press

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Can also utilize dumbbells instead of a barbell. Make sure you have a spotter when completing the exercise.

Setup

When using the bench press, it's important to use proper form to get the most out of your workout and prevent injury. For safety, use a spotter that can assist you with this exercise.

Make sure the barbell is at a comfortable height prior to loading any weight. Add desired weight, ensuring that it is even on both sides. Place clips at both ends of the barbell for safety. Lay down on the bench and place your hands on the bar slightly wider than shoulder-width apart.

Movement

Lift the bar off of the rack so that it is held over your shoulders. In a controlled manner, lower it to your mid chest, stopping just before it makes contact. Press the bar up to the starting position.

Tip

Keep breathing throughout the exercise, exhaling as you press the bar upwards. To protect your shoulders, lower the bar in a slight diagonal pattern, starting above your shoulders and ending above your mid-chest.



Supine Chest Flys

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

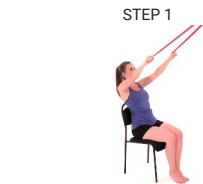
Begin lying on your back with your knees bent and feet resting on the floor. Holding a dumbbell in each hand, start with your arms raised straight upward.

Movement

With a slight bend in your elbows, slowly move your hands away from each other toward the ground, then bring them back together and repeat.

Tip

Make sure not to arch your back as you move your arms.



Seated Lat Pull Down with Resistance - Elbows Bent

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

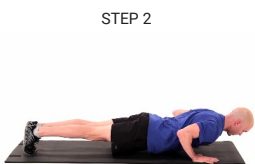
Begin sitting upright holding both ends of a resistance band that is anchored high above you, with your arms straight.

Movement

Pull your arms down against the resistance, bending your elbows and bringing your hands to your shoulders. Slowly return to the starting position and repeat.

Tip

Make sure to keep your back straight and do not shrug your shoulders during the exercise.



Push Up

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Staggered hands during exercise.

Setup

Begin on all fours on a comfortable surface. Move your body forward into a push-up position, with your arms slightly wider than shoulder width apart, knees straight, and feet together.

Movement

Slowly lower your body to the ground then push yourself back up and repeat.

Tip

Keep your back straight and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



Full Plank with Shoulder Taps

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin on all fours then straighten your legs to bring yourself into a plank position.

Movement

Hold this position and lift one hand off the ground to tap your opposite shoulder. Return to starting position and repeat with your other hand.

Tip

Make sure to keep your abdominals tight and keep your back straight during the exercise. Do not let your trunk rotate.

STEP 1



STEP 2



STEP 3



Farmer's Carry with Kettlebells

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Can utilize dumbbells instead of kettlebells.

Setup

Begin standing in a flat open space with two kettlebells on the ground at your sides. Lunge down to pick up a kettlebell in each hand.

Movement

Walk forward, keeping your stomach muscles engaged, torso upright, and shoulders down and back.

Tip

Make sure to keep your core engaged and maintain your balance as you walk. Do not shrug your shoulders or let your trunk lean forward, backward, or sideways during the exercise.

STEP 1



Bench Press

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Can also utilize dumbbells instead of a barbell. Make sure you have a spotter when completing the exercise.

Setup

When using the bench press, it's important to use proper form to get the most out of your workout and prevent injury. For safety, use a spotter that can assist you with this exercise.

Make sure the barbell is at a comfortable height prior to loading any weight. Add desired weight, ensuring that it is even on both sides. Place clips at both ends of the barbell for safety. Lay down on the bench and place your hands on the bar slightly wider than shoulder-width apart.

Movement

Lift the bar off of the rack so that it is held over your shoulders. In a controlled manner, lower it to your mid chest, stopping just before it makes contact. Press the bar up to the starting position.

Tip

Keep breathing throughout the exercise, exhaling as you press the bar upwards. To protect your shoulders, lower the bar in a slight diagonal pattern, starting above your shoulders and ending above your mid-chest.

STEP 1



STEP 2



Supine Chest Flys

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with your knees bent and feet resting on the floor. Holding a dumbbell in each hand, start with your arms raised straight upward.

Movement

With a slight bend in your elbows, slowly move your hands away from each other toward the ground, then bring them back together and repeat.

Tip

Make sure not to arch your back as you move your arms.

STEP 1



STEP 2



Seated Lat Pull Down with Resistance - Elbows Bent

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright holding both ends of a resistance band that is anchored high above you, with your arms straight.

Movement

Pull your arms down against the resistance, bending your elbows and bringing your hands to your shoulders. Slowly return to the starting position and repeat.

Tip

Make sure to keep your back straight and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Push Up

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Staggered hands during exercise.

Setup

Begin on all fours on a comfortable surface. Move your body forward into a push-up position, with your arms slightly wider than shoulder width apart, knees straight, and feet together.

Movement

Slowly lower your body to the ground then push yourself back up and repeat.

Tip

Keep your back straight and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



Full Plank with Shoulder Taps

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin on all fours then straighten your legs to bring yourself into a plank position.

Movement

Hold this position and lift one hand off the ground to tap your opposite shoulder. Return to starting position and repeat with your other hand.

Tip

Make sure to keep your abdominals tight and keep your back straight during the exercise. Do not let your trunk rotate.

STEP 1



STEP 2



Floor Tricep Dips

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting on the floor with your knees bent and arms backward supporting your body. Your palms should be flat on the floor with fingers facing forward.

Movement

Carefully bend your elbows, lowering your body backward, then push yourself back up to the starting position.

Tip

Make sure to keep your back straight during the exercise.