

Shoulder Mobility

Department: Independent Living Skills

Priority:

High priority class for students with hemi-plegia or high or low muscle tone.

Overall purpose of class:

This class is designed to assist students in learning techniques to decrease muscle tone, increase range of motion, relax the muscles in holding as much as possible. Purposeful relaxation is emphasized.

Number of classes held per week:

Daily—this class is often taken 2-3 times a week

Optimum class time:

Good afternoon class with folks are tired

Instructor requirements:

1 Occupational Therapist or trained and supervised instructional aide

Number of students:

Depends on size of table –each student needs ample elbow and forward stretching room.

Student ability range and limitations:

Students need to be able to get arm on table for starting position.

Space and Equipment requirements:

- Large and wide table with smooth top
- 20” by 20” squares fake lamb skin or other similar faux fur

Student Needs to be met from the perspective of the instructor:

- Increase flexibility and maximum ROM in shoulder joints
- Decrease muscle tone.
- Need to know a range-of-motion program that be done at home.

Typical Student Goals that lead to placement in the class:

Students request this class who when arm movement is difficult causing pain or tightness.