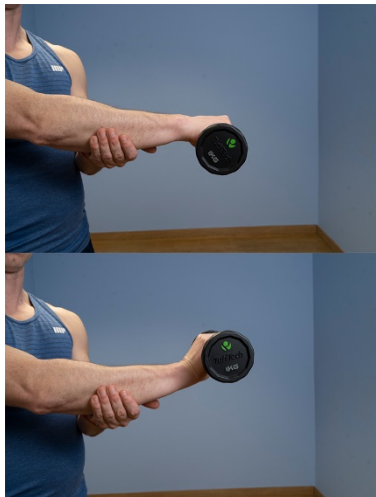


Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below.

Pain should not exceed 4/10 whilst completing this exercise programme.



15 reps / 3 sets / 3 minute rest

1. Isometric wrist extension with elevation

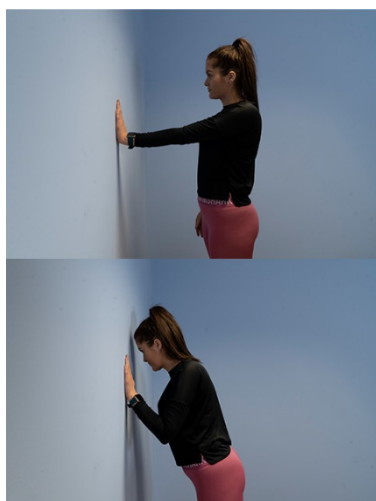
- Sit or stand with your hand down by side.
- With a small weight in hand (household object if you do not have a weight), extend your wrist so that the back of your hand points towards the sky.
- Hold this position then raise your arm to shoulder height.
- Relax hand then slowly lower down.



15 reps / 3 sets / 3 minute rest

2. Bicep curl

- Sit or stand with your hand down by side back of your hand facing forward.
- With a small weight in hand (household object if you do not have a weight), bend your elbow to bring your hand up to your shoulder.
- Return to starting position.



15 reps / 3 sets / 3 minute rest

3. Single arm wall press

- Stand approximately one small step away from the wall.
- Place one hand chest high on the wall so that your elbow is slightly bent.
- Bend your elbow to take your head and shoulders closer to the wall.
- Push against the wall to return to starting position.

We recommend consulting a musculoskeletal physiotherapist to ensure exercises are best suited to your recovery. If you are carrying out an exercise regime without consulting a healthcare professional, you do so at your own risk. If you have any concerns whilst completing these exercises, please contact a healthcare professional.