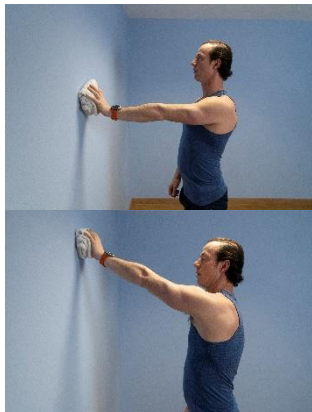


Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below.

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

5 reps / 2-3 sets / 1 minute rest

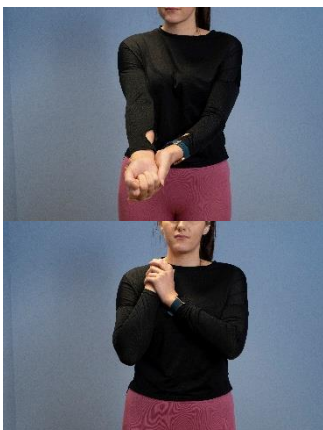


1. Wall circles

- Sit or stand arm's length away from the wall.
- Place a small ball between the palm of your hand and the wall head height (you may use a rolled-up piece of tissue if you do not have a ball).
- Apply light pressure and keep your elbow straight.
- Move hand in a circular motion.
- Complete for 20 seconds changing direction each time.



3 reps / 2-3 sets / 1 minute rest

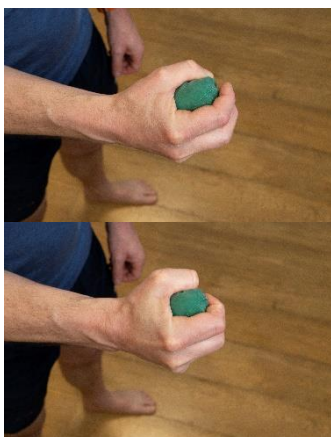


2. Elbow flexion stretch

- Bend your elbow.
- Once you reach resistance, use your opposite arm to gently push the movement further.
- Stop if you reach resistance of 4/10 discomfort.
- Hold for 20 seconds.



15 reps / 2- 3 sets / 1 minute rest



3. Stress ball squeeze

- Hold a soft ball or a balled-up piece of tissue.
- Squeeze the ball tightly holding for 5 seconds.
- Relax your hand and forearm muscles between repetitions.

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.