

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 2/10 whilst completing this exercise programme.



15 reps / 2-3 sets / 1 minute rest

1. Standing rotation

- Start standing upright.
- Take your right arm up to shoulder height and out to the side.
- From here reach across your body as far as you can until you are level with your left shoulder.
- You can move your upper body and pelvis but keep your feet on the floor.
- Repeat this motion using the left arm and then continue alternating between the left and the right arms.



10 reps / 2-3 sets / 1 minute rest

2. Reverse fly

- Stand with equal size, light weights in both hands (use whatever you have around the house if you don't have weights).
- Keep your back straight and bend forward at your hips.
- Keep your arms straight and take both arms out to the side to shoulder height.
- Control your arms slowly back down to resting in front of you.



10 reps / 2- 3 sets / 1 minute rest

3. 4 point kneeling superman

- Start on your hands and knees.
- Make sure that your back is straight and that your hands are under your shoulders and knees under hips.
- From this position straighten one leg out behind you with the foot slightly off the floor.
- Return back to the start position and repeat with the other leg.
- If this feels easy then you can add the arm. Do this by straightening the opposite arm in front at the same time as the leg.

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.