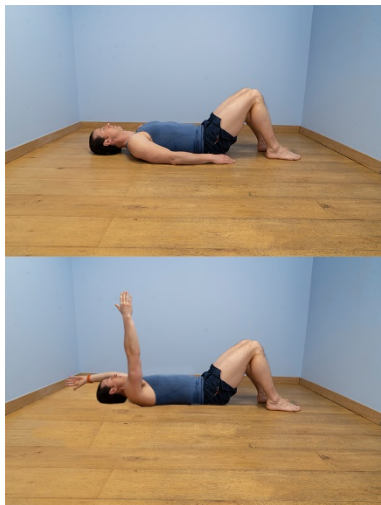


Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below.

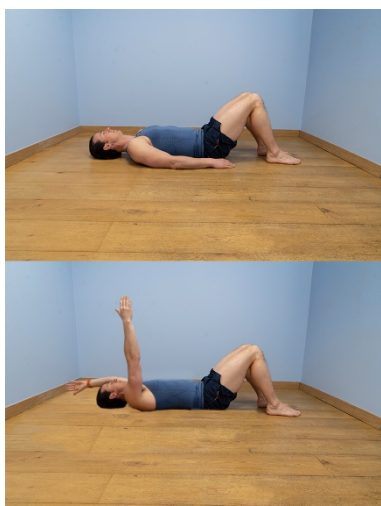
Pain should not exceed 4/10 whilst completing this exercise programme.



Perform for 5 mins or until tired

### 1. Deltoid programme stage 1

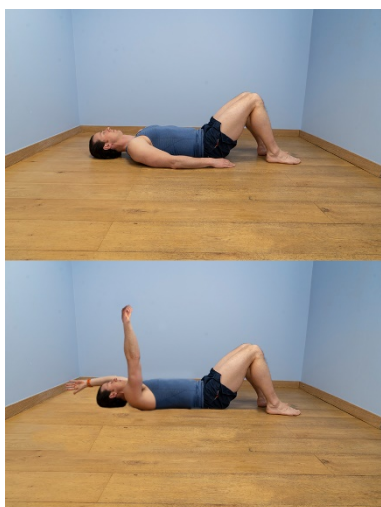
- Lay on your back.
- Raise your weak arm to 90 degrees pointing towards the sky, holding a small weight .
- Gently move your arm forwards and backwards in a smooth arc, increasing the size of the arc and/or weight as you feel you are able.



Perform for 5 mins or until tired

### 2. Deltoid programme stage 2

- Lay on your back.
- Raise your weak arm to 90 degrees pointing towards the sky, holding a small weight Remove your stronger arm that was being used to assist keeping your weak arm in place.
- Gently move your arm in a small circular motion, increasing the size of the circle and/or weight as you feel you are able.



Perform for 5 mins or until tired

### 3. Deltoid programme stage 3

- Lay on your back holding a small weight in your hand.
- Punch towards the sky with your injured arm.
- Use your non-injured arm to assist if needed.
- Increase the weight as able.

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.