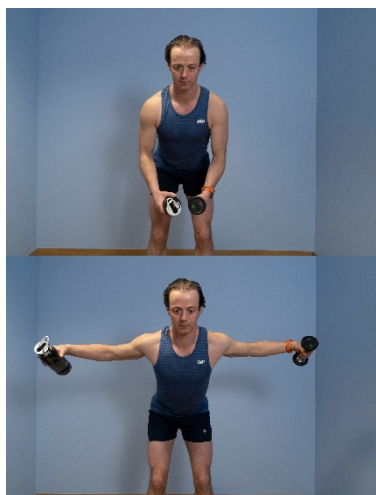


Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below.

Pain should not exceed 5/10 whilst completing this exercise programme.



10 reps / 3 sets / 1 minute rest

1. Reverse fly

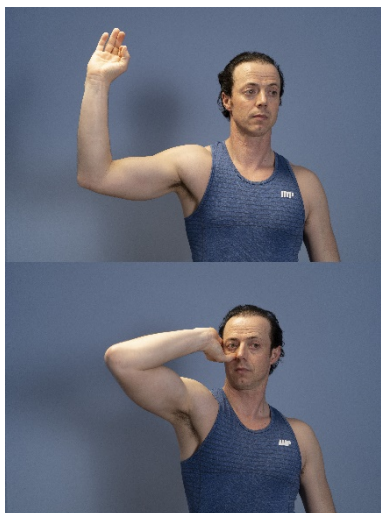
- Stand with equal size, light weights in both hands (use whatever you have around the house if you don't have weights).
- Keep your back straight and bend forward at your hips.
- Keep your arms straight and take both arms out to the side to shoulder height.
- Control your arms slowly back down to resting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



6 reps / 3 sets / 1 minute rest

2. Single arm wall press

- Same as above but instead of having the forearm going up the door frame, have the wrist on the door frame.
- Then push the shoulder forward till you feel a stretch or your symptoms onset.
- Try different heights of your hand to find the best stretch for you.



10 reps / 2 sets / 1 minute rest

3. Neural glides ulnar nerve

- Make a zero shape with your finger and thumb, hold your arm out to the side, wrist and elbow level with shoulder or as close as possible.
- Bent the elbow to 90 degrees, turn the wrist to face the head and turn your head to look at your wrist. Bring the fingers to touch the forehead meeting in the middle.
- Now bring your wrist and head back apart, turn your head and wrist to face away from each other and them back to facing each other.
- Repeat stages 2 and 3 for the allocated number of reps.

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.