

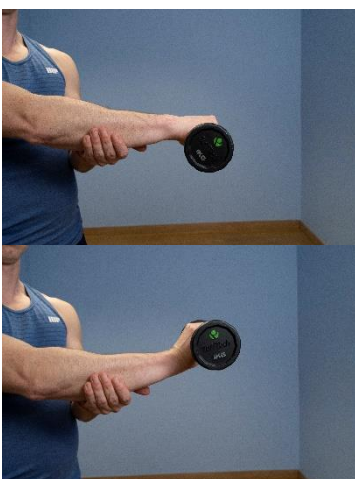
Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 4/10 whilst completing this exercise programme.



10 reps / 2-3 sets / 1 minute rest

1. Radial nerve glide

- Start with your hand down by your side, place your thumb across your palm and wrap your fingers over your thumb. Then bent the wrist forward.
- Now fully twist your shoulder inwards so that if your thumb was sticking out it would point behind you.
- Lift your shoulder out to the side until you feel symptoms.
- Hold for 2-5 seconds and then return to the start position by reversing the movements.



10 reps / 2-3 sets / 1 minute rest

2. 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 / 2- 3 sets / 1 minute rest

3. Drop and catch (scaption)

- Stand and hold a small weight out at shoulder height over a soft surface.
- Try not to lift straight out in front of you or out to the side, instead go in between these positions as shown in the picture.
- Drop the weight and immediately catch it with the same hand.

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.