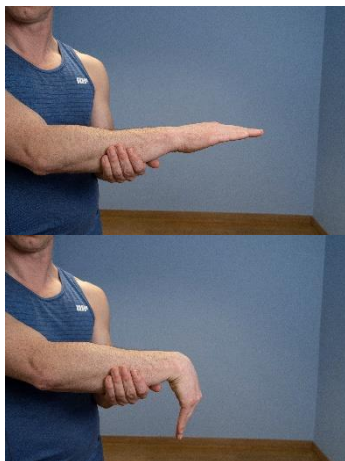


Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below.

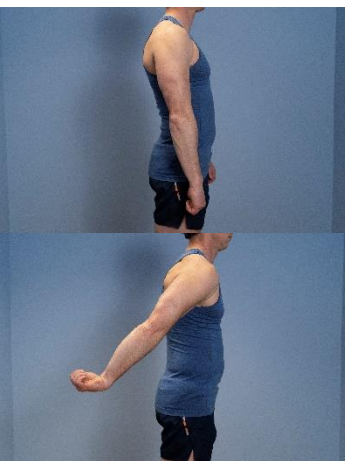
Pain should not exceed 4/10 whilst completing this exercise programme.



5 reps / 2-3 sets / 1 minute rest

1. Wrist flexion stretch

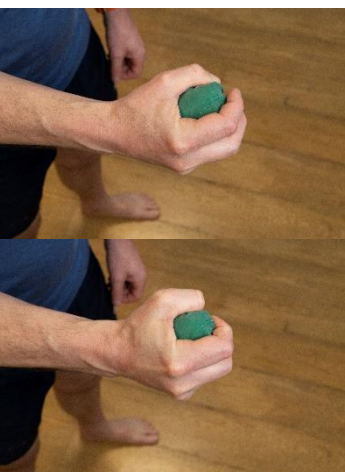
- Start with your arm stretched out in front of you with your palm facing down.
- Allow your wrist to flex so that your fingers point towards the floor.
- Use your opposite hand to stretch further into this position and hold 20 seconds.



10 reps / 2-3 sets / 1 minute rest

2. 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.



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.