

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.

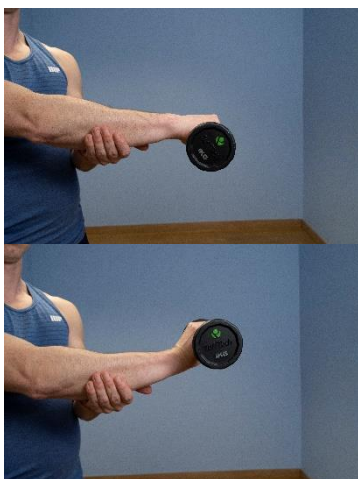
Pain should not exceed 4/10 whilst completing this exercise programme.



15 reps / 2-3 sets / 1 minute rest

1. Bicep curl (pronated)

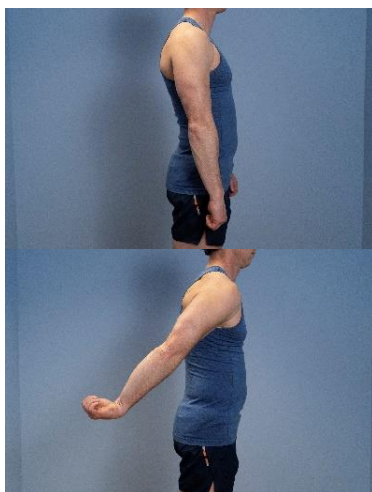
- Sit or stand with your hand down by side back of your hand facing forward.
- With a small weight in hand (household object if you do not have a weight), bend your elbow to bring your hand up to your shoulder.
- Return to starting position.



15 reps / 2-3 sets / 1 minute rest

2. Wrist extension with weight

- Sit or stand with your arm straight out in front of you with the palm of your hand facing the floor, holding a small weight.
- Bend your wrist so the back of your hand moves towards you.
- Hold this position for 5 seconds.
- Relax your hand back to starting position.



15 reps / 2- 3 sets / 1 minute rest

3. 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.

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.