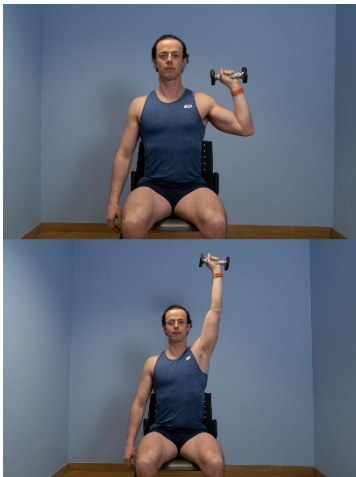


Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 4/10 whilst completing this exercise programme.



15 reps / 3 sets / 3 minute rest

### 1. Overhead press

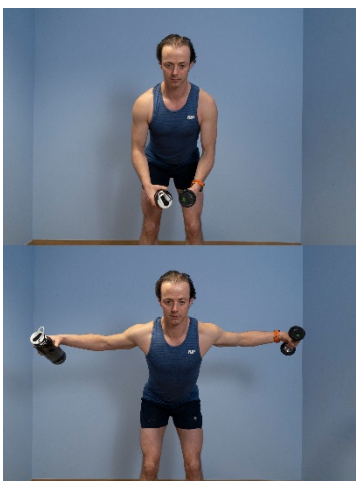
- In sitting or standing hold a weight shoulder height with your palm facing forward.
- Press the weight above your head until your elbow is straight.
- Lower your arm down in a controlled manner.
- You may use household items if you do not own any weights.



3 reps / 60 second hold / 3 minute rest

### 2. Capsular stretch

- Hold one end of a three-foot-long towel behind your back and grab the opposite end with your other hand.
- Place the towel over the top of the opposite shoulder and using the hand on that side pull down gently until you feel a stretch in the arm that is behind the back.



15 reps / 3 sets / 1 minute rest

### 3. 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.

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.