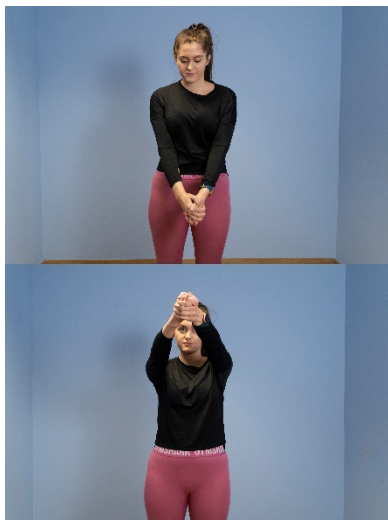


Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below.

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



10 reps / 2-3 sets / 1 minute rest

1. Assisted shoulder elevation

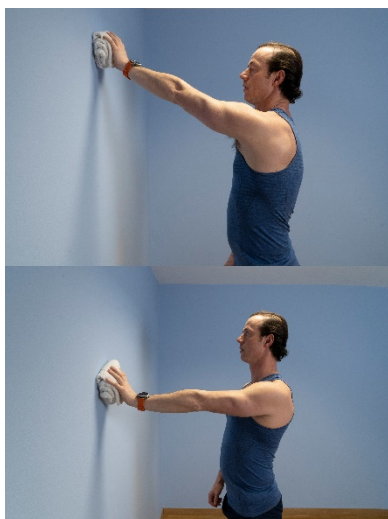
- When sitting or standing, clasp your hands together with your arms straight.
- Keeping your hands clasped, use your non injured arm to help lift your injured arm above you.
- All movement should be in free and mobile, stop if you feel any pain or discomfort.
- Lower your arms down in a controlled manner.



5 reps / 2-3 sets / 1 minute rest

2. Kneeling crosses

- Kneel with the effected arm on the floor and the non-injured arm behind your back.
- Shift your bodyweight through the affected arm.
- Move weight forwards and backwards then side to side in a cross motion.
- 20 seconds changing direction each time.



5 reps / 2-3 sets / 1 minute rest

3. Wall circles in abduction

- Sit or stand arm's length away from the wall facing side.
- Place a small ball between the palm of your hand and the wall head height (you may use a rolled up piece of tissue if you do not have a ball).
- Apply light pressure and keep your elbow straight.
- Move hand in a circular motion.
- Complete for 20 seconds changing direction each time.

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.