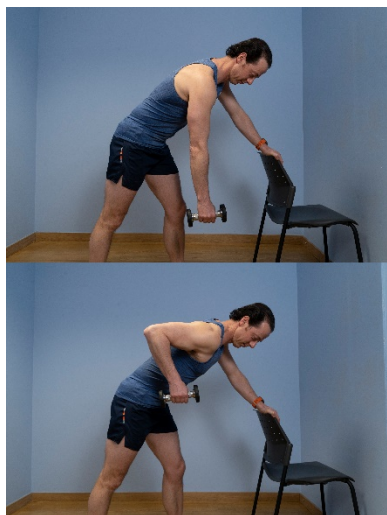


Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below.

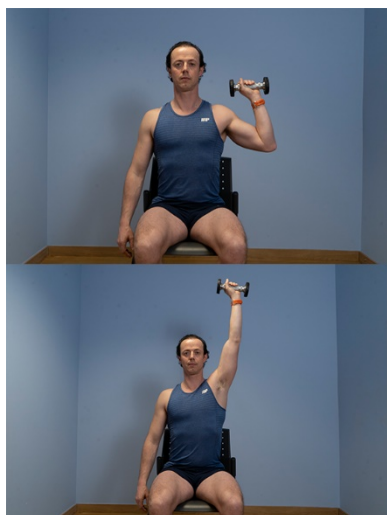
Pain should not exceed 4/10 whilst completing this exercise programme.



15 reps / 2-3 sets / 1 minute rest

1. Bent over row

- Stand holding a small weight in one hand.
- Slightly bend your knees and flex forward from your hips.
- Keep your upper back straight.
- Pull the weight up to the side of your body whilst squeezing your shoulder blades together (use a shopping bag with household items if you do not have weights).
- Control the movement of your arm back down so your arm is straight.



15 reps / 2-3 sets / 1 minute rest

2. 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.



5 reps / 2-3 sets / 1 minute rest

3. Wall circles

- Sit or stand arm's length away from the wall.
- 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.