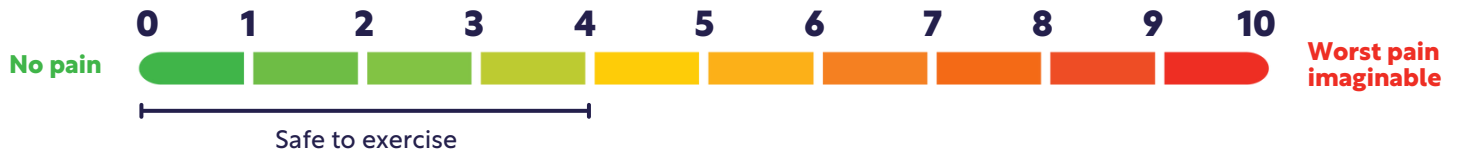
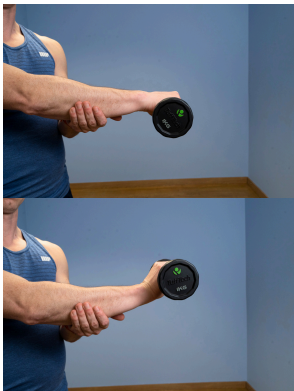


Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 4/10 whilst completing this exercise programme.



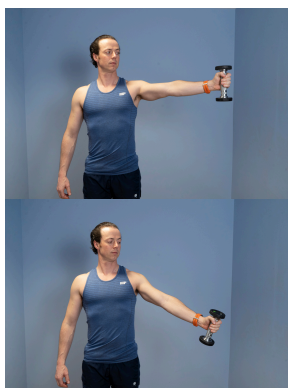
1. Radial nerve glide

- 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.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**



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.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**



3. Drop and catch (scaption)

- Stand and hold a small weight out at shoulder height over a soft surface.
- Try not to lift straight out in front of you or out to the side, instead go in between these positions as shown in the picture.
- Drop the weight and immediately catch it with the same hand.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**