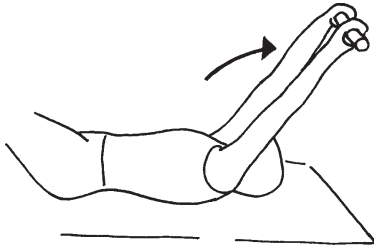


Stand leaning on a table with one hand

Let your other arm hang relaxed straight down.
Gently swing your arm as if drawing a circle on the floor.
Change directions.

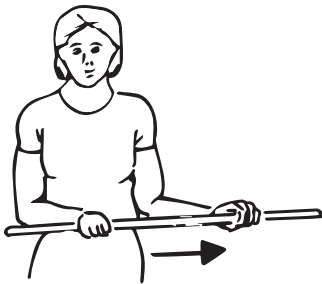
Repeat 2 or 3 times a day



Lying on your back with knees bent. Hold a stick in both hands with elbow straight

Lift your arms straight up and over your head to the floor.
Hold approx. 10 seconds (Breathe normally) - return to starting position.

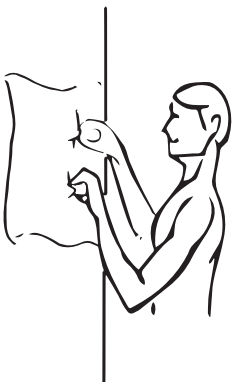
Repeat 2 or 3 times a day



Stand with your back against a wall and elbows bent to 90 degrees

Hold a stick between your hands, and use your good hand to push the other hand away from your body.
Push until you feel a stretch, hold for 30 seconds

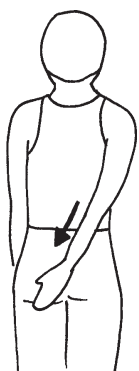
Repeat 2 or 3 times a day



Stand Facing the wall with both hands resting on a towel

Squeeze your shoulder blades together and ensure you have good posture.
Step in towards the wall and slide the towel up the wall as far as you can go to your threshold of pain (do not allow your shoulders to hitch upwards).

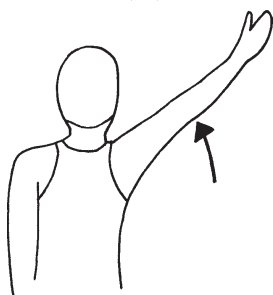
Repeat 2 or 3 times a day



Stand

Bring the arm you are exercising behind your back and stretch towards the opposite buttock.

Repeat 2 or 3 times a day

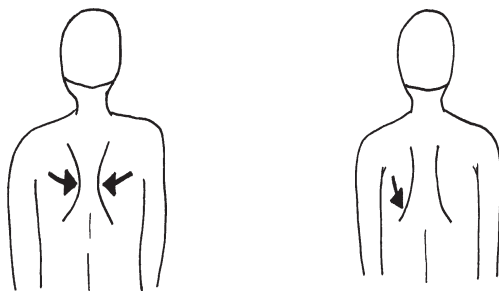


Stand or sit

Lift your arm up sideways with thumb leading the way.

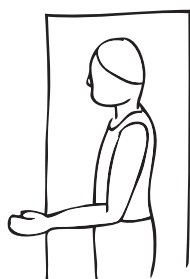
Repeat 2 or 3 times a day

Assume upright posture with shoulders relaxed



Move one/both shoulder blades down towards the opposite hip.

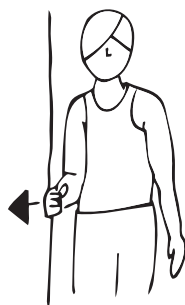
Repeat 2 or 3 times a day



Stand facing a door frame, as shown

Keep your elbow close to your body. Gently push your palm onto the door frame, your arm should not move. Hold for 3 seconds.

Repeat until tired but not painful.



Stand facing a door frame, as shown

Keep your elbow close to your body. Gently push the outer aspect of your hand into the door frame, your arm should not move. Hold for 3 seconds

Repeat until tired but not painful.

If you have any comments about this leaflet or the service you have received you can contact :

Secretary
Physiotherapy Department
Huddersfield Royal Infirmary
Telephone No. (01484) 342434

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Amennyiben ezt az információt más formátumban vagy nyelven szeretné megkapni, vegye fel a kapcsolatot fenti részlegünkkel.

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ کی زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔