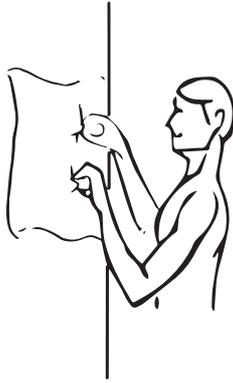


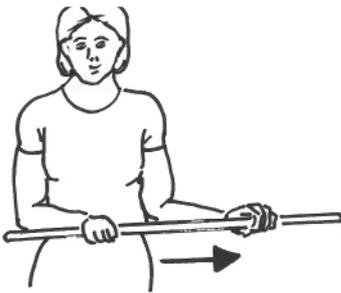
Lie on your back, holding a pole in both hands.
Raise both hands overhead until you feel a stretch.

10 repetitions twice a day



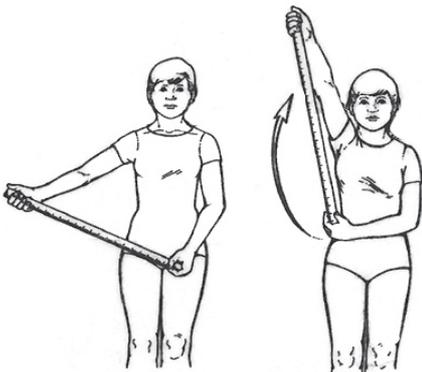
Stand facing a wall.
Place a towel on the wall one hand on top of the other
(painful hand underneath).
Slide your hands up the wall until you feel the stretch.

10 repetitions twice a day



Stand with your elbows bent to 90° and hold a pole in front.
Keep your elbows still and push your affected arm away from
your body so the arm rotates. You can put a rolled up hand
towel under your armpit to reduce cheating movements.
Hold for 5 seconds

10 repetitions twice a day



Stand hold a stick and push your affected arm sideways
upwards until you feel a stretch.
Hold for 5 seconds

10 repetitions twice a day



Try to reach behind your head with both hands.
Hold for 5 seconds

10 repetitions twice a day



Try to reach your hands up behind your back.

5 repetitions twice a day



Stand holding a stick behind your back.
Lift the stick upwards away from your body.

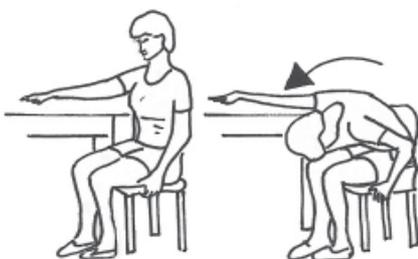
5 repetitions twice a day



Stand in a corner 1-2 feet from the wall with a hand on each wall. Lean into the corner until you feel a stretch. You can vary the stretch by raising or lowering the arms or by standing further away.

Hold for 5 seconds

5 repetitions twice a day



Sit in a chair with your arm on the table.
Bend forward and slide the arm forward on the table until you feel a stretch.

Hold for 5 seconds

10 repetition twice a day

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

Secretary
Physiotherapy Department
Huddersfield Royal Infirmary
Tel: 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 információit 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 ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

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

