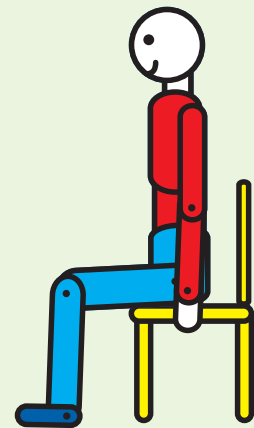


Exercise 8

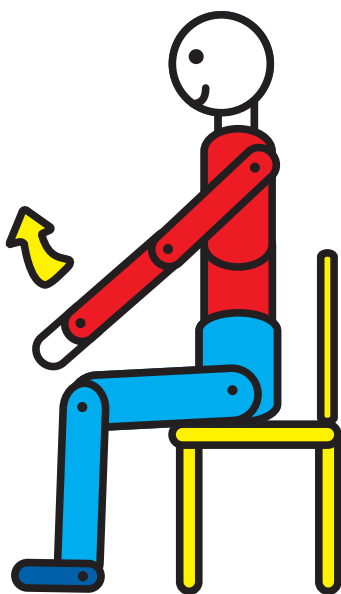
Single arm raise

Starting position: Sitting on a firm surface eg edge of the bed, on a stool/chair or even the loo!



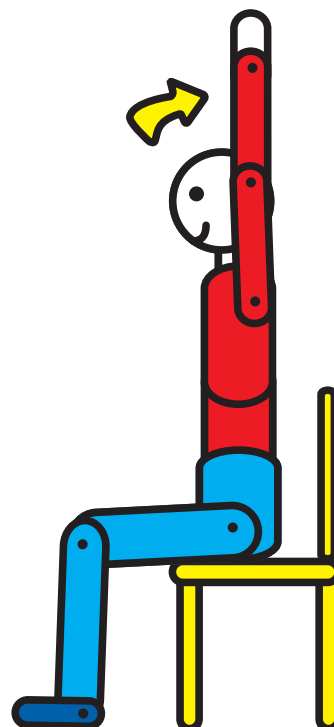
Step one

Alternately raise one arm, then the other, keeping the elbow straight and the hand outstretched as high as you can without it causing pain.



Step two

Lower slowly, then repeat 3-5 times each arm.



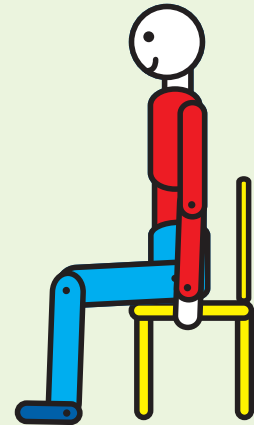
This exercise can also be done in a lying position

If you have problems/concerns, talk to a physiotherapist.

Exercise 9

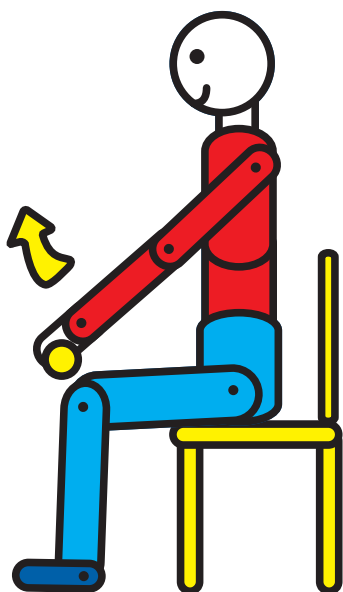
Double arm raise

Starting position: Sitting on a firm surface eg edge of the bed, on a stool/chair or even the loo!



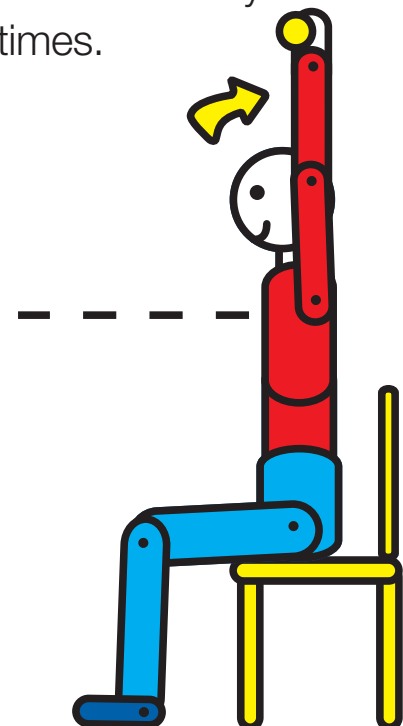
Step one

Hold an umbrella, pole, rolling pin or something similar, at hip level.



Step two

Keeping the elbows straight, raise the umbrella up and over your head if you can without causing any pain, then lower slowly. Repeat 3-5 times.



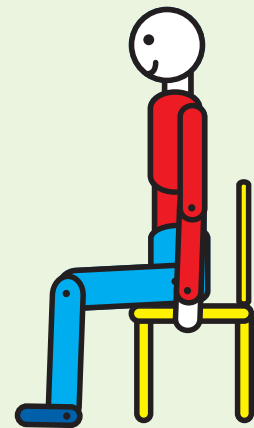
This exercise can also be done in a lying position

If you have problems/concerns, talk to a physiotherapist.

Exercise 10

Finger touch

Starting position: Sitting on a firm surface eg edge of the bed, on a stool/chair or even the loo!

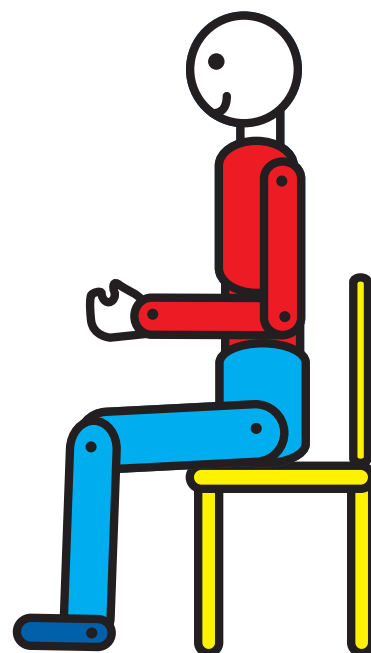


Step one

With your elbow at your side or resting on the arm of a chair, touch the tip of each finger in turn with the thumb.

Step two

Lower the arm and repeat on the other side. Repeat 3-5 times each arm.



This exercise can also be done in a lying position

If you have problems/concerns, talk to a physiotherapist.

Exercise 11

Table slide

Starting position: Sitting at a table

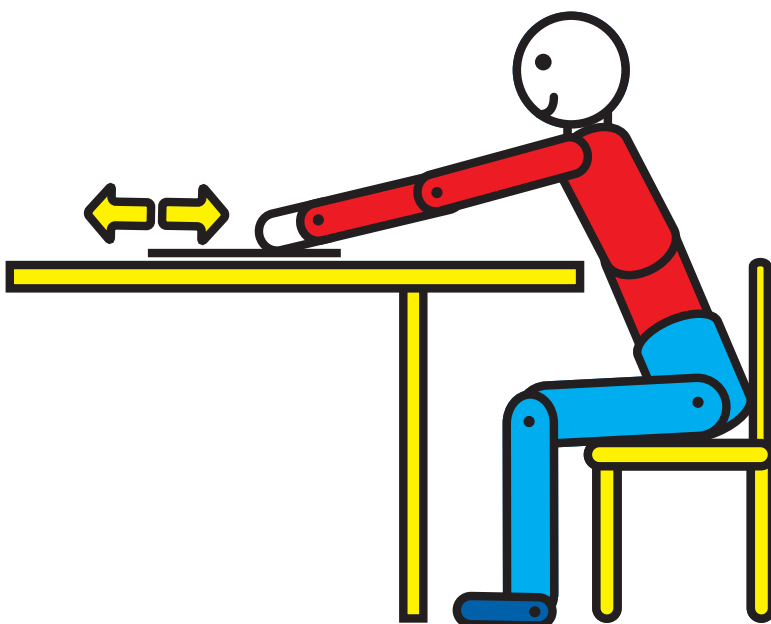


Step one

Put your hands on top of a duster or towel. Using the duster, slide your hands away from your body so that you stretch forward and elongate your trunk.

Step two

Return to the starting position and repeat 3-5 times.



If you have problems/concerns, talk to a physiotherapist.

Exercise 12

Wrist control

Starting position: Sitting at a table

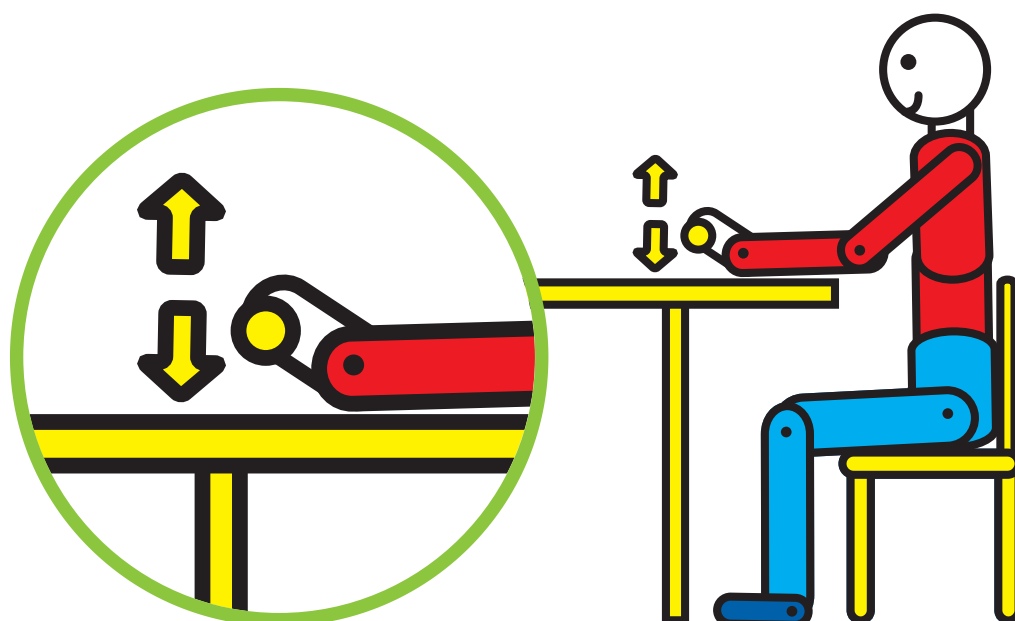


Step one

Holding an umbrella, pole or rolling pin with both hands, rest your forearms on the table.

Step two

Lift the pole by extending the wrists, then lower. Keep your forearms on the table all the time. Repeat 3-5 times.



If you have problems/concerns, talk to a physiotherapist.

Exercise 13

Forearm rotation

Starting position: Sitting at a table

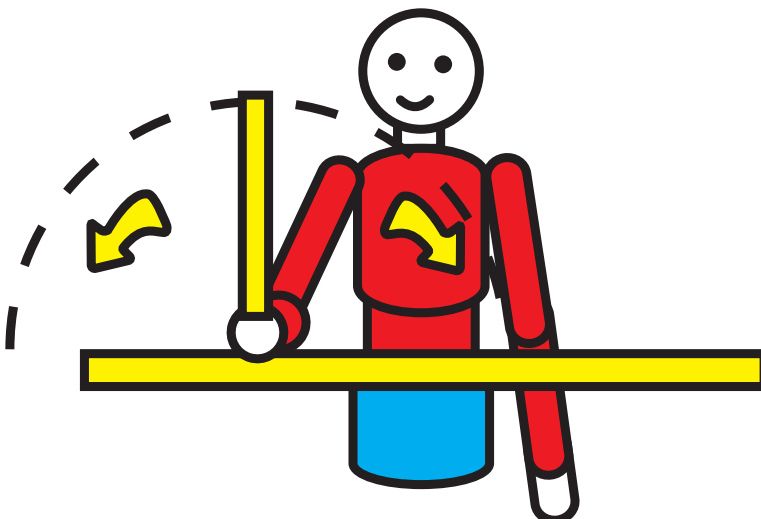


Step one

Hold an umbrella, pole or rolling pin vertically in one hand, keep the forearm in contact with the table, turn your wrist over to take the pole down to the table then raise it back up again and go over the other way as far as you can.

Step two

Repeat with the other arm. Repeat 3-5 times each side. Do this exercise slowly so that the pole does not flop!

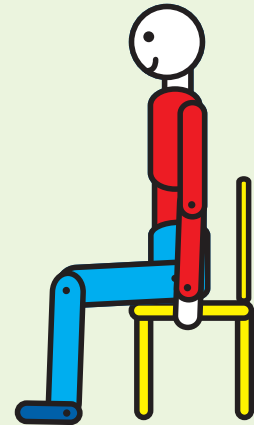


If you have problems/concerns, talk to a physiotherapist.

Exercise 14

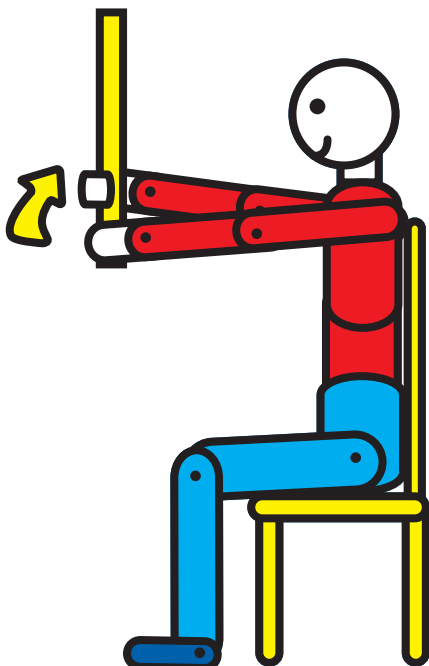
Hand climb

Starting position: Sitting on a firm surface eg edge of the bed, on a stool/chair or even the loo!



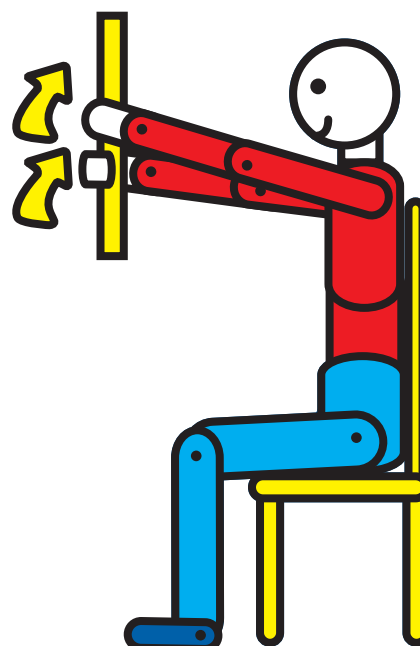
Step one

Hold a pole/umbrella vertically, one hand above the other.



Step two

Walk your hands up and down the pole, hand over hand, keeping your arms stretched out away from the body all the time. Repeat 3-5 times.



NB This exercise can also be done with a hoola-hoop.

If you have problems/concerns, talk to a physiotherapist.