

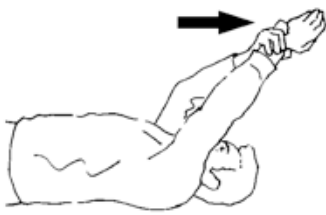





Physiotherapy Instruction Sheet 1

 	<p>Stand leaning on a table with your unoperated hand. Let your operated arm hang relaxed straight down.</p> <p>Swing your arm forwards and backwards gently.</p> <p>Repeat 10 times.</p> <p>Stand leaning on a table with your unoperated hand. Let your operated arm hang relaxed straight down.</p> <p>Swing your arm as if drawing a circle on the floor.</p> <p>Repeat 10 times.</p>
	<p>Lying on your back with your elbows straight.</p> <p>Use your unoperated arm to lift the operated arm up, keeping it as close to your ear as possible.</p> <p>Repeat 10 times.</p>
	<p>Lying on your back with your elbows against your body and at a right angle. Hold a stick in your hands.</p> <p>Move the stick sideways, thus pushing the operated arm outwards, keeping the elbow against the body.</p> <p>Repeat 10 times.</p>