

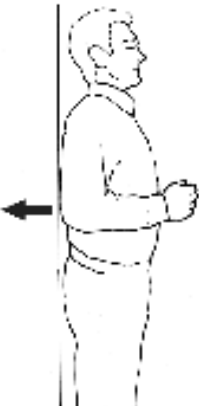




## Physiotherapy Instruction Sheet 3

	<p>Stand in a doorway with your elbows close to your body and bent at a right angle. Place your hand against the wall.</p> <p>Push your hand inwards against the wall. Hold for five seconds. Relax.</p> <p>Repeat 10 times.</p>
	<p>Stand with your upper arm close to your side, elbow at a right angle and the back of your hand against a wall.</p> <p>Push the back of your hand against the wall. Hold approximately five seconds.</p> <p>Repeat 10 times.</p>
	<p>Stand with your back against the wall. Keep your upper arm close to the side and your elbow at a right angle.</p> <p>Push the elbow back against the wall. Hold for five seconds.</p> <p>Repeat 10 times.</p>