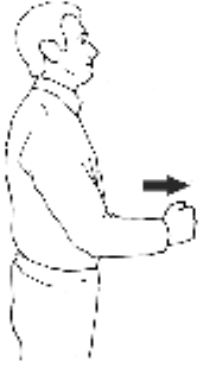
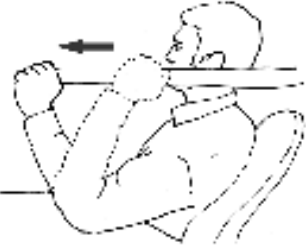
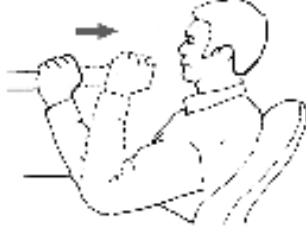




Physiotherapy Instruction Sheet 4

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|---|--|
|  | <p>Stand facing a wall. Keep your upper arm close to the side with your elbow at a right angle.</p> <p>Push your fist against the wall. Hold for five seconds.</p> <p>Repeat 10 times.</p> |
|  | <p>Sit on a chair with your arm lifted to the side and your elbow at a right angle, supported on a table. Hold onto a rubber exercise band which is fastened behind you.</p> <p>Pull the band, keeping your elbow bent and resting on the table.</p> <p>Repeat 20 times.</p> |
|  | <p>Sit on a chair with your arm lifted out to the side and your elbow at a right angle, supported on a table. Hold onto a rubber exercise band which is in front of you.</p> <p>Pull the band, keeping your elbow bent and resting on the table.</p> <p>Repeat 20 times.</p> |