






Physiotherapy Instruction Sheet 2

	<p>Stand, holding a stick behind your back, with your elbows straight.</p> <p>Lift the stick upwards away from your body, using your unoperated arm to pull the operated arm.</p> <p>Repeat 10 times.</p>
	<p>Stand or sit.</p> <p>Hold the pulley handles, one in each hand. Use your unoperated arm to pull down. This will help you lift the operated arm.</p> <p>Repeat 10 times.</p>
	<p>Stand, holding a pole behind your back, with your elbows straight.</p> <p>Bend your elbows to raise the pole up your back.</p> <p>Repeat 10 times.</p>