



Personal exercise program

Warwick Physio and Rehab

Warwick Physiotherapy & Rehabilitation
Unit 1, Bank Gallery, 13 High Street, CV8 1LY, Kenilworth,

Provided by Michelle Henry

Provided for

Active assisted and sh...
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The aim of the following exercises is to regain your full active range of movement.

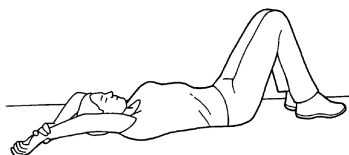
You should feel a stretch whilst doing each exercise.

Ensure that your pain is well controlled so that you can carry out all your exercises.

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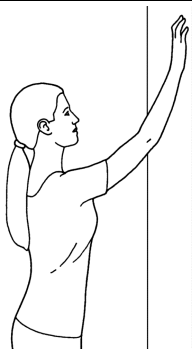
Lying on your back with elbows straight.

Use one arm to lift the other arm up keeping it as close to the ear as possible. Stretch at the end of range for the count of 5. Slowly lower.



Repeat 10 times.

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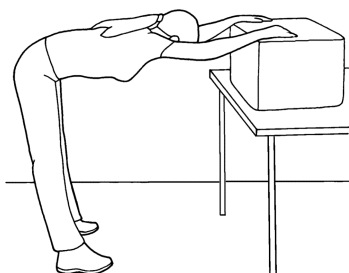


Stand facing a wall.

'Slide your fingers up the wall as high as possible. Stretch at the end of range. Reverse down in the same way.

Repeat 10 times.

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Stand with your legs hip width apart and lean your upper trunk forward. Grip a pole/edge of a table with your hands.

Gently let the upper trunk drop down until you can feel stretching in your sides and chest muscles. Keep arms straight and stretch for approx. 10 secs.

Repeat 10 times.

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Standing with hands clasped in front of you.

Lift both arms straight forward over your head. Separate your arms sideways and take them back down to the starting position. Stretch at the end of range.

Repeat 10 times.

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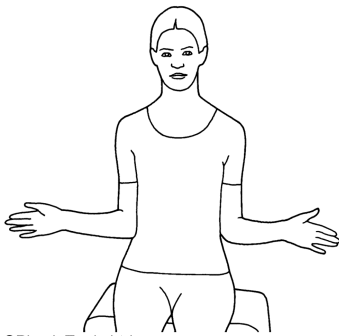


Stand or sit.

Lift your arm up sideways with thumb leading the way. 'Slide' your hand up a wall sideways to assist with this movement.

Repeat 10 times.

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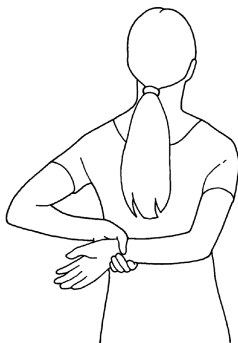


Sit or stand. Keep upper arms close to the sides and elbows at right angles.

Turn forearms outwards. Stretch at the end of range.

Repeat 10 times.

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Stand with arms behind your back. Grasp the wrist of the arm you want to exercise.

Slide your hands up the back.

Repeat 10 times.

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Stand or sit.

Stretch one arm over to the opposite shoulder by pushing it at the elbow with your other arm. Hold the stretching approx. 10 secs. - relax.

Repeat 10 times.

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