



## Personal exercise program

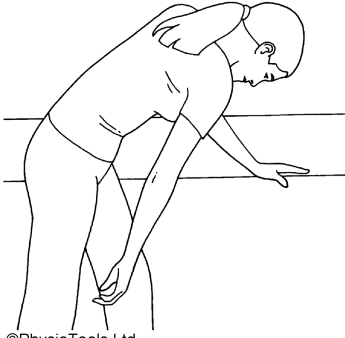
Warwick Physio and Rehab

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

Provided by Michelle Henry

Provided for

Immediately post op  
15/01/2010



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Stand leaning on a table with one hand.

Let your other arm hang relaxed straight down. Swing your arm gently forwards and backwards, side to side and in circles.

Repeat a few times in all directions described above.

Repeat 3 times/day.

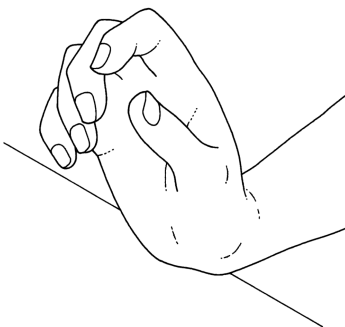


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Stand.

Bend your elbow and then straighten your elbow.

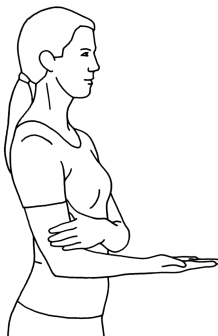
Repeat 5-10 times, 3 times/day.



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Extend and flex your wrist.

Repeat 5-10 times, 3 times/day.



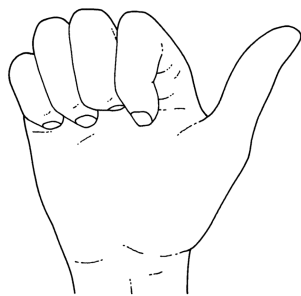
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Stand with your elbow bent and palm turned down.

Turn your palm up and down rotating your forearm.

Repeat 5-10 times. 3 times/day.

Wiggle and flex and extend you fingers.



Repeat little and often through out the day to help with swelling control in the hand.

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At all times think about correct posture.



Ensure that you shoulders are relaxed down and that your shoulder blades are pulled together slightly.

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