

Stretching and strengthening exercises

1

Pendulum exercise

Stand with your good hand resting on a chair. Let your other arm hang down and try to swing it gently backwards and forwards and in



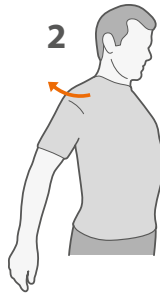
a circular motion. Repeat about five times.

! We recommend that you repeat this exercise twice a day.

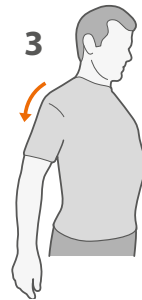
2



1



2



3

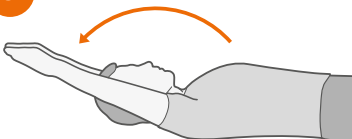
Shoulder stretch

Stand and raise your shoulders. Hold for five seconds. Squeeze your shoulder blades back and together and hold for five seconds. Pull your

shoulder blades downward and hold for five seconds. Relax and repeat 10 times.

! We recommend that you repeat these exercises twice a day.

3

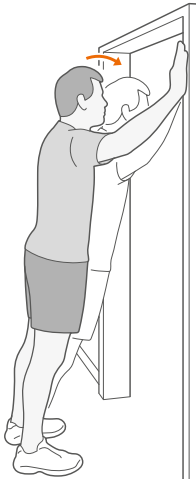


Arm stretch

Lie on your back. Raise your arms overhead as far as you can. Hold for five seconds and relax. Repeat 10 times.

Taking painkillers before you exercise can help you stay active without causing extra pain.

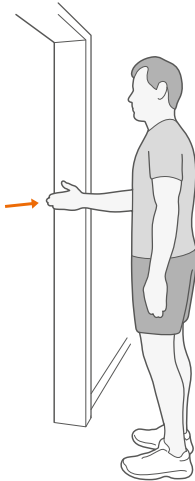
4



Door lean

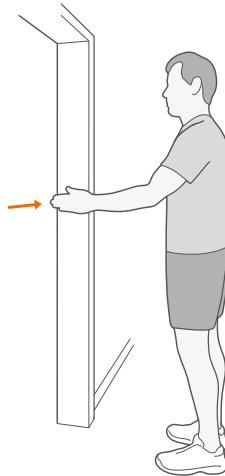
Stand in a doorway with both arms on the wall slightly above your head. Slowly lean forward until you feel a stretch in the front of your shoulders. Hold for 15–30 seconds. Repeat three times.

5



Door press

a) Stand in a doorway with your elbow bent at a right angle and the back of your wrist against the door frame. Try to push your arm outwards against the door frame. Hold for five seconds. Do three sets of 10 repetitions on each side.



b) Use your other arm and, still with your elbow at a right angle, push your palm towards the door frame. Hold for five seconds.

Do three sets of 10 repetitions on each side.