

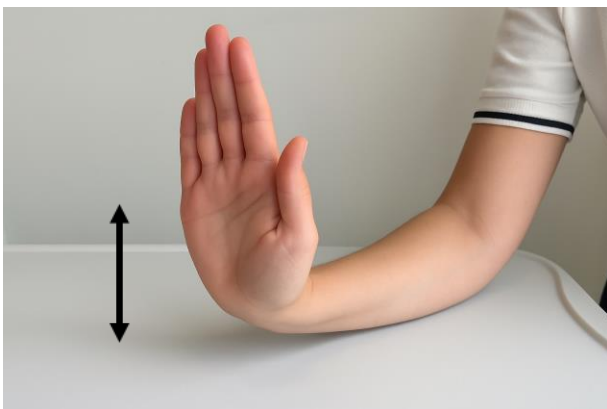
Shoulder Stabilisation



1. Hand grip

With your arm supported in the sling or on a table, curl your fingers into your palm to form a gentle fist, then open your hand wide and straighten your fingers again.

10 reps x3 a day



2. Wrist range of movement

With your arm supported in the sling or on a table, bend and straighten your wrist.

10 reps x3 a day



3. Elbow range of movement

Stand with your arm by your side. Bend your elbow, bringing your hand towards your shoulder. Then straighten the arm back down with control. If required, you can assist the movement with the unoperated arm.

10 reps x3 a day



4. Palm up and down

With your elbow bent, turn your forearm so your palm faces down, then rotate it the other way so your palm faces up.

10 reps x3 a day

Shoulder Stabilisation



5. Scapula retraction sitting

Sit upright with your shoulders relaxed. Gently squeeze your shoulder blades back and down, as if you're tucking them into your back pockets. Hold for a few seconds, then slowly relax and repeat.

10 reps x3 a day