

**Notes :**

Undertake exercises little and often as pain allows.

**1 Cervical rotation**



Stand or sit tall and pull yourself up as if there is a rope pulling the back of your head upward. Turn your head to one side to look over your shoulder, without moving your head forwards. Return to the center then repeat.

**2 Cervical side bending**



Tuck your chin inward and pull yourself up as if there is a rope pulling the back of your head upward. Without turning the head, tilt your head sideways to bring your ear to your shoulder. Return to neutral position, then release chin tuck and repeat.

**3 Elbow flexion/extension**



Sit in a chair and bend your elbows, keeping your palms facing up, then extend them completely toward the floor.

**4 Shoulder Pendulum**



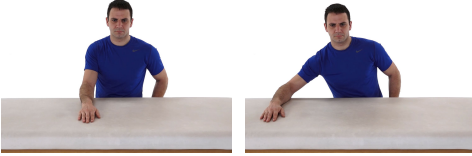
Stand and bend at the waist, holding a table with the unaffected arm, leaving the affected arm hanging. Initiate the movement with the body and slowly rotate your arm in a circular motion, progressively getting bigger, as comfort allows. Repeat in the other direction.

**5 Table slide flexion**



Start sitting or standing with the arm/hand supported on the counter top or table. Slowly slide your arm in front until you feel a stretch. Use a towel or similar to reduce friction.

**6 Table slide in abduction (70° max)**



Sit with your forearm on the table, palm down, with your elbow bent.  
Slide the arm out on the table to abduct the shoulder, stopping the movement at maximum 70° of abduction.  
Come back to the starting position and repeat slowly.