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PLEASE READ BEFORE CONTINUING

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**WARNING AND DISCLAIMER**

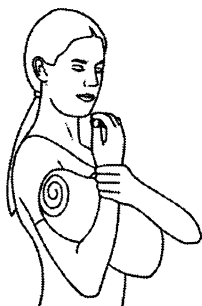
**BEFORE** you commence any form of exercise or treatment programme you should **FIRST** consult with your General Practitioner (GP) or Physiotherapist.

Any exercise holds an element of risk if undertaken without supervision or if performed incorrectly. If you are unsure how to perform **ANY** of the exercises shown on this site then you **SHOULD** consult with your General

Practitioner (GP) or Physiotherapist **BEFORE** commencing.

If you feel any discomfort or pain during the exercises you should **STOP IMMEDIATELY**.

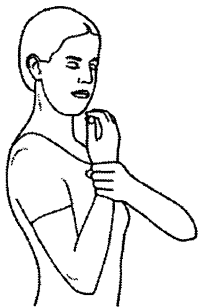
The information found within this site is for general information only and should **NOT** be treated as a substitute for advice from your own doctor or physiotherapist. The exercises and other advice described are **NOT** suitable for everyone. You should **NOT** begin any exercise routine without consulting a qualified health practitioner particularly if you are pregnant, nursing, elderly, or if you have any chronic or recurring conditions. Any application of exercises suggested is at the reader's sole discretion and risk. Walker and Hall Chartered Physiotherapists accept no responsibility or liability for any loss or injuries caused directly or indirectly through the performing of any exercises given within this website or associated material produced by Walker and Hall Chartered Physiotherapists. The authors of any information associated with Walker and Hall Chartered Physiotherapists do not guarantee that any recommended exercises will work, or that you will produce benefits for yourself. Always consult your own General Practitioner (GP), if you're in any way concerned about your health or anything associated with it.



Hold a rolled towel in your elbow. Hold on to your wrist with the other hand.

Pull your wrist toward your shoulder. Hold approx. 2 secs.

Repeat 10 times.



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Stand. Grasp the wrist of the arm you want to exercise.

Bend your elbow and assist the movement with your other hand.  
Straighten your elbow.

Repeat 10 times.



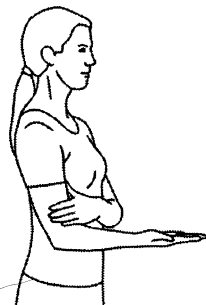
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Stand. Make a fist and bend your wrist forward with your other hand.

Straighten your elbow.

Hold 2 seconds.

Repeat 10 times.



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Stand with your elbow bent and palm turned down.

Turn your palm up and down rotating your forearm.

Repeat 10 times.

**STOP ALL EXERCISES IF YOUR PAIN BECOMES WORSE AND  
SEEK MEDICAL ADVICE**