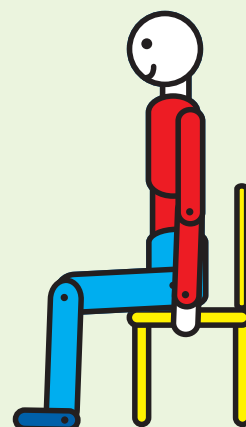


# Exercise 8

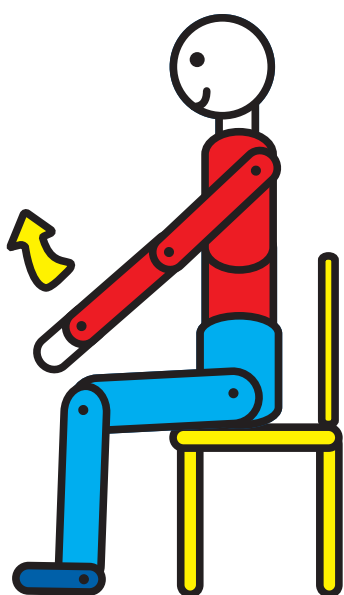
## Single arm raise

Starting position: Sitting on a firm surface eg edge of the bed, on a stool/chair or even the loo!



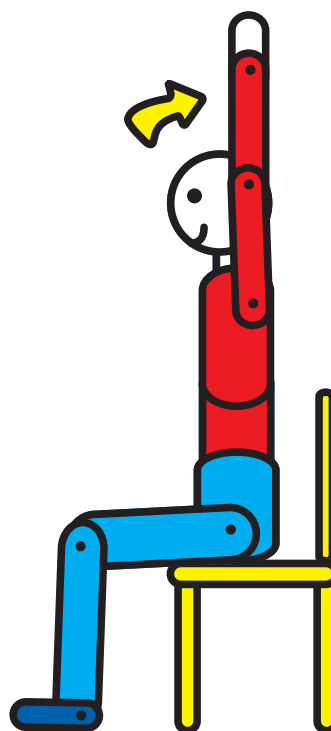
### Step one

Alternately raise one arm, then the other, keeping the elbow straight and the hand outstretched as high as you can without it causing pain.



### Step two

Lower slowly, then repeat 3-5 times each arm.



This exercise can also be done in a lying position

If you have problems/concerns, talk to a physiotherapist.