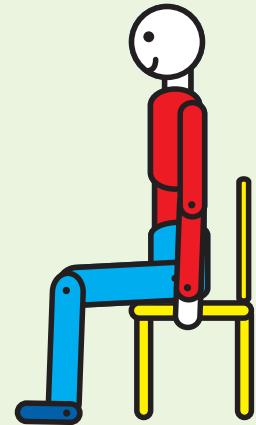


# Exercise 9

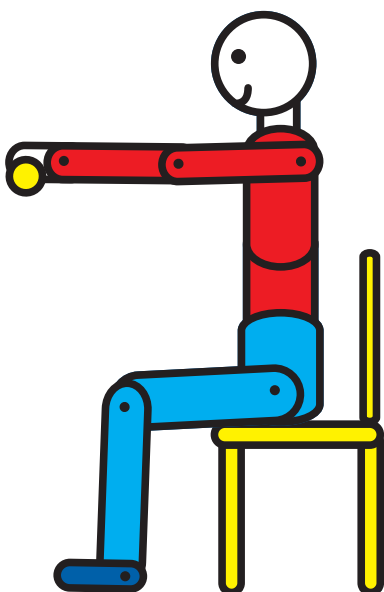
## Double arm raise

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



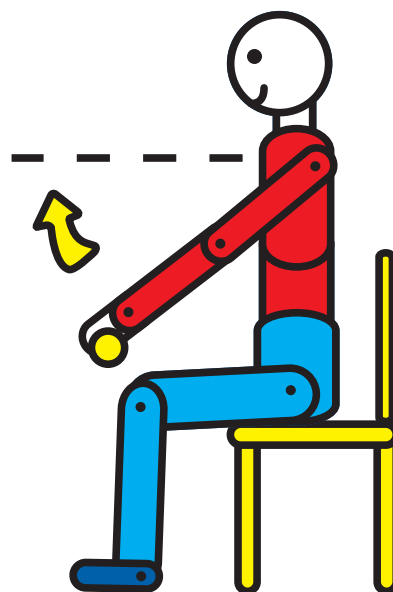
### Step one

Hold an umbrella, pole, rolling pin or something similar, at hip level.



### Step two

Keeping the elbows straight, raise the umbrella up and over your head if you can without causing any pain, then lower slowly. Repeat 3-5 times.



This exercise can also be done in a lying position

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