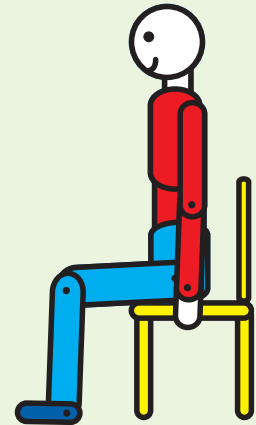


Exercise 10

Finger touch

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

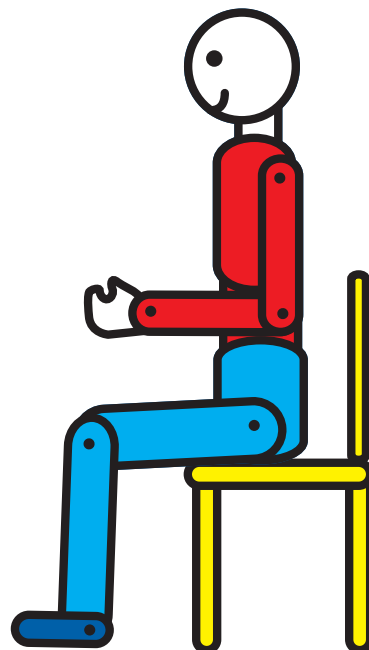


Step one

With your elbow at your side or resting on the arm of a chair, touch the tip of each finger in turn with the thumb.

Step two

Lower the arm and repeat on the other side. 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.