

# Exercise 13

## Forearm rotation

Starting position: Sitting at a table

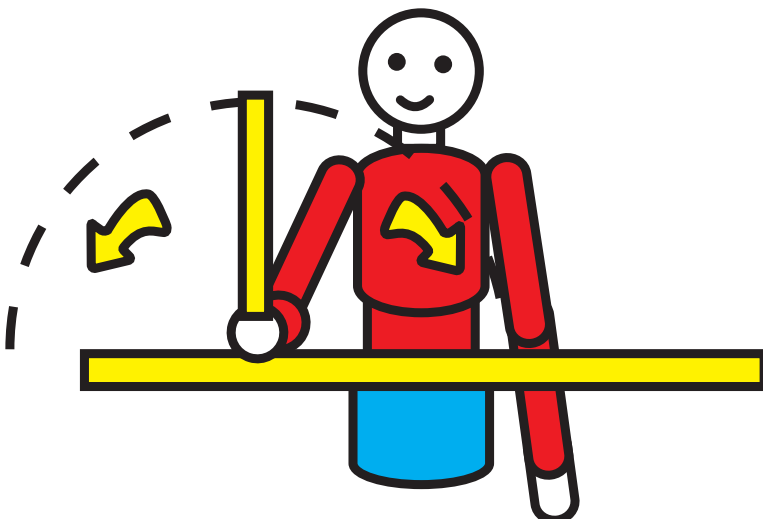


### Step one

Hold an umbrella, pole or rolling pin vertically in one hand, keep the forearm in contact with the table, turn your wrist over to take the pole down to the table then raise it back up again and go over the other way as far as you can.

### Step two

Repeat with the other arm. Repeat 3-5 times each side. Do this exercise slowly so that the pole does not flop!



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