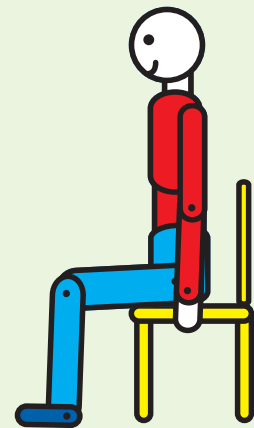


Exercise 14

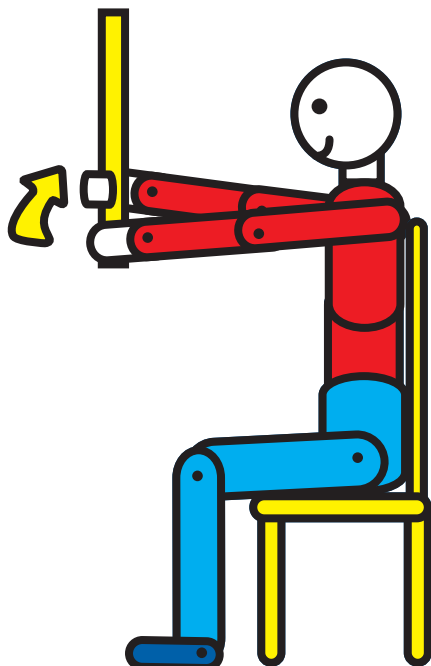
Hand climb

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



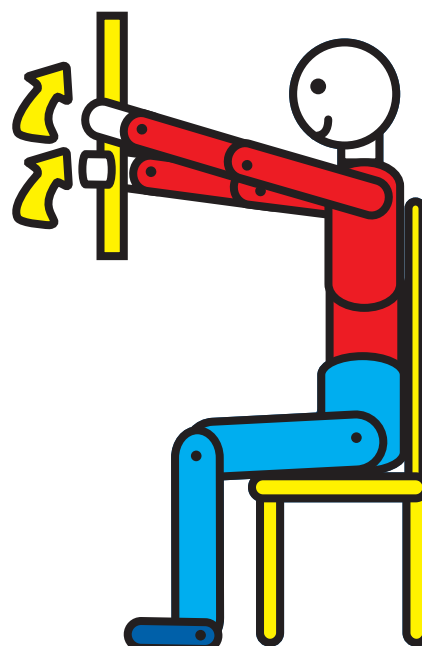
Step one

Hold a pole/umbrella vertically, one hand above the other.



Step two

Walk your hands up and down the pole, hand over hand, keeping your arms stretched out away from the body all the time. Repeat 3-5 times.



NB This exercise can also be done with a hoola-hoop.

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