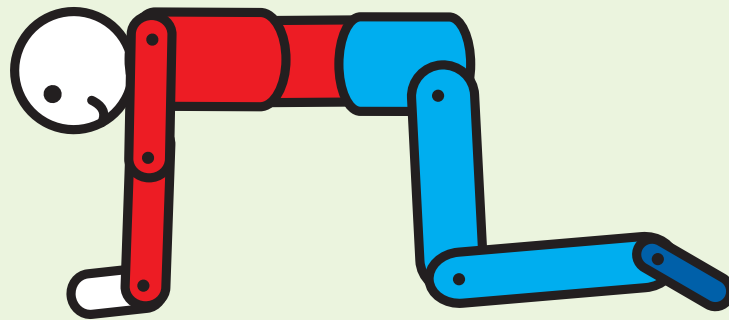


Exercise 19

Arm stretch

Starting position: Kneeling on all fours, weight evenly distributed

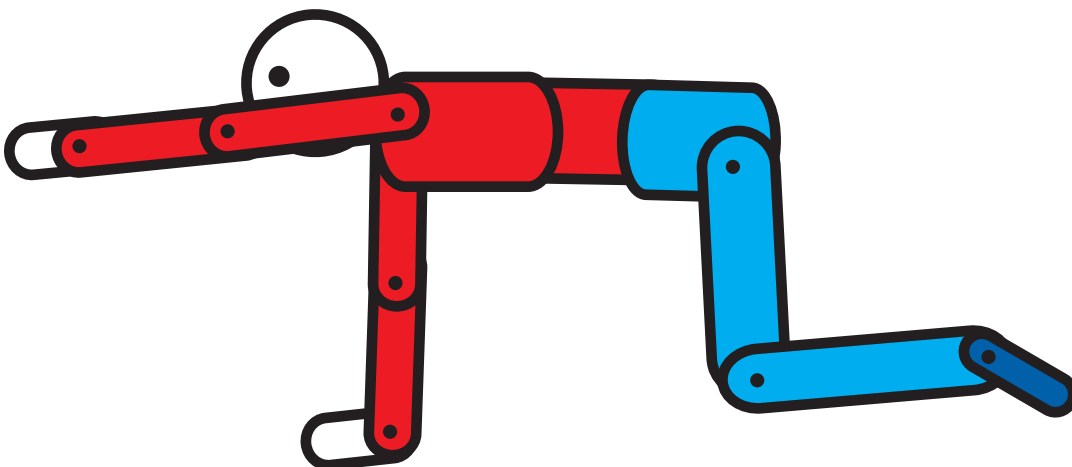


Step one

Lift one arm straight out in front of you and hold.

Step two

Then lower and repeat with the other side. Repeat 3-5 times each arm.



Kneeling exercises can be quite strenuous so make sure you can rest afterwards and that you can get back up off the floor! Unless you're very confident, it is a good idea to do these when someone else is in the house.

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