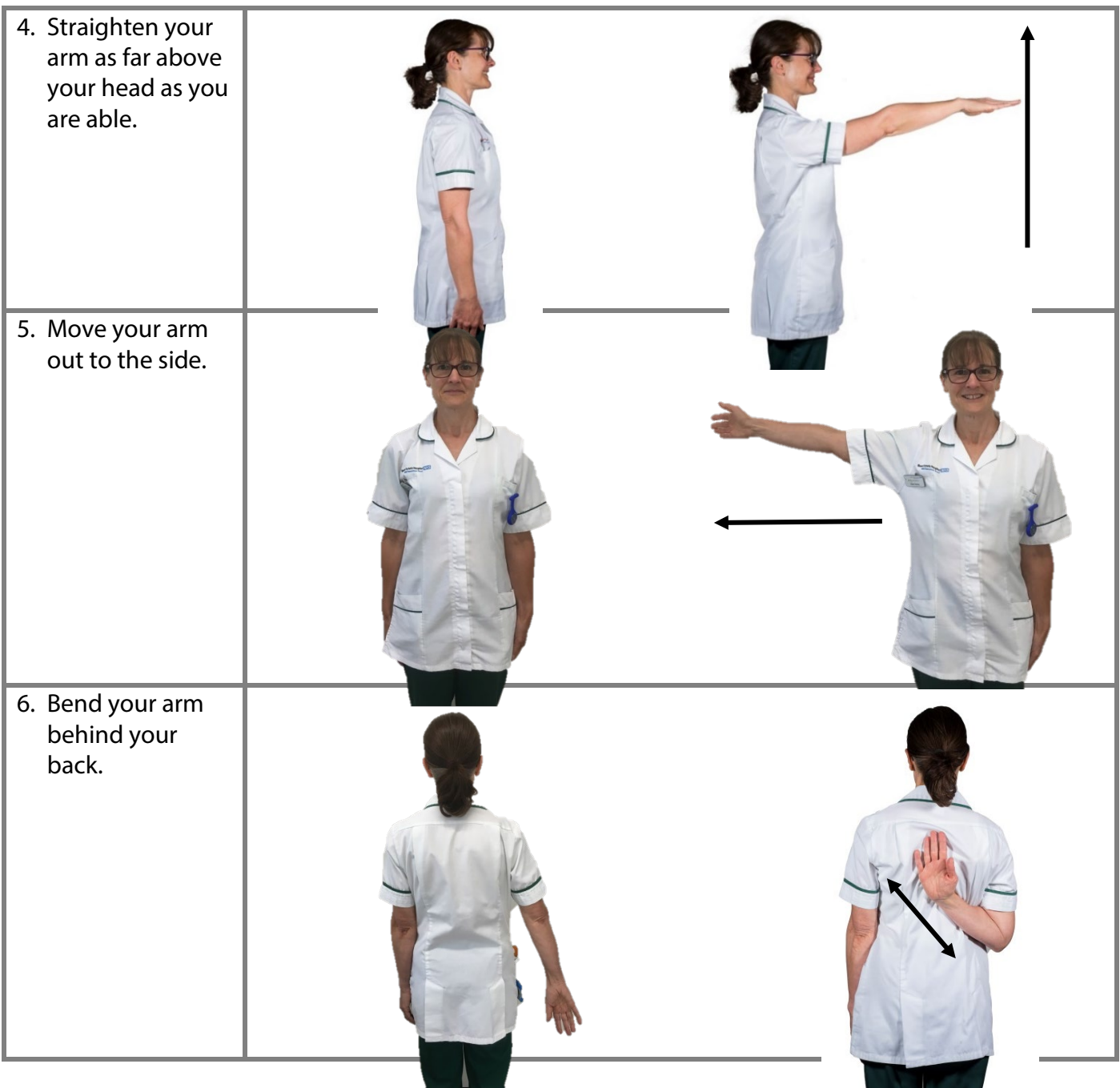


Hand Therapy

Elbow and Shoulder Exercises

Try to do these exercises.....

<p>1. Straighten your elbow then bend it.</p>	
<p>2. Keep your elbow bent by your side. Rotate your forearm, turning your palm and down.</p>	
<p>3. Stand, resting one hand on a chair and lean forwards. Rotate your shoulder and arm around making small circles, gradually making larger circles.</p>	



To contact us email: qvh.handtherapy@nhs.net

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Information at www.qvh.nhs.uk - Our services/Therapies/Hand Therapy