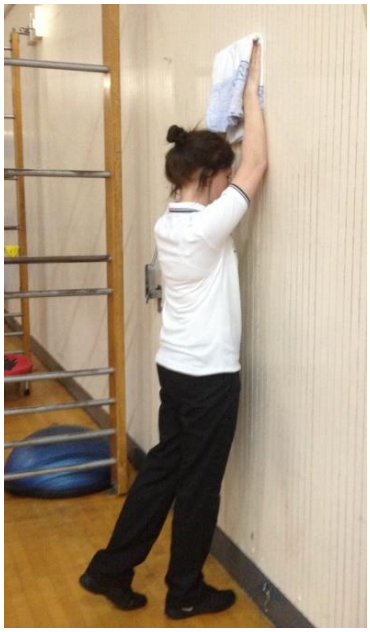
Physiotherapy Home Exercise Hand-Out

Provided for:

Exercise Picture	Description
	**Wall Slide** Stand facing the wall with both hands resting on a towel. Slowly slide your arms up the wall, ensuring you don't hitch through your shoulder. Go as far as is comfortable, then slowly slide back down. Repeat 10 times **Repetitions:** **Sets:** **Hold:** **Daily/Weekly:**