

## Seated Rotations

Sit in a chair, or on the edge of a bed with your feet on the floor (Fig A).

Maintain upright posture and cross your arms over your chest.



Slowly turn your body to the side keeping your bottom on the seat – follow the movement with your head (Fig B).

Return to start position.

Repeat as directed by your physiotherapist.

For a video demonstration of this exercise please press '**Ctrl**' and click [HERE](#)

Alternatively, if you have a hand held device such as a smart phone or tablet, download a free 'QR code reader' app from your app store and scan below. NB Viewing this video may use some of your mobile data allowance. We recommend waiting until you have a wifi connection.

