

Arm raise in four point kneeling

Fig A.



Fig B.



Fig C.



Go into a crawling position with your hands directly under your shoulders and your knees and hips at 90 degrees (Fig A).

Raise your arm forwards, in line with your body (Figs B and C).

Slowly place it back to the starting position. Look at your moving arm throughout the exercise.

Repeat with the other arm.

Repeat as advised 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.