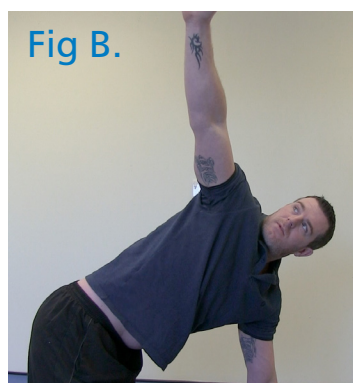


## Threading the needle



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

Lift one arm to the side and up to the ceiling as you rotate your trunk, looking at your arm throughout the movement (Fig B).



Lower the arm and place the back of your hand onto the floor and slide it along the floor under your body rotating towards the opposite side (keep both elbows relaxed) (Figs C and D).

Look towards the direction of movement.

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.

