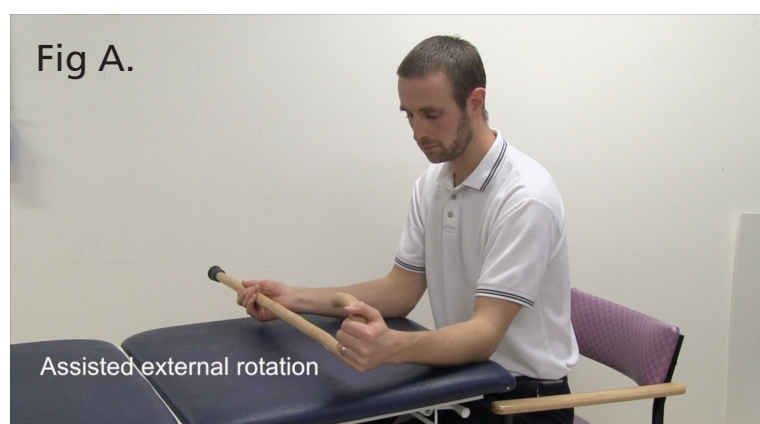


Assisted external rotation

Rest your elbows on a table and hold a stick between your hands (Fig A).



Ensure that the hook of the stick is in the hand of the arm to be exercised.

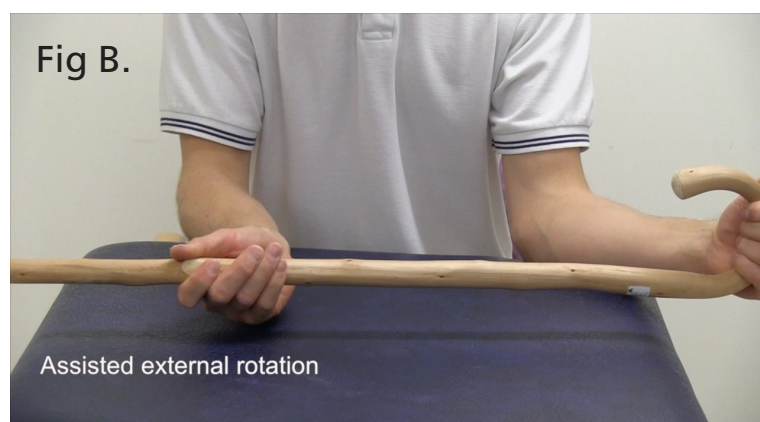
Using your other hand, slowly and gently push the stick outwards (Fig B)

Return to the starting 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.