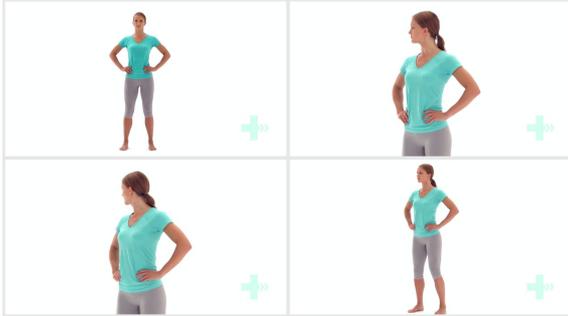


1 Set / 10 Reps



**1. Neck lubrication**

Stand with your hands on your hips to ensure you keep the shoulders still throughout this neck warm-up exercise.  
Gently turn your head to look over your left shoulder, then the right.  
Gradually increase the amount of movement.

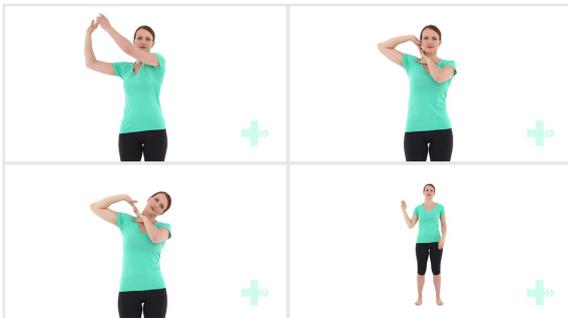
1 Set / 1 Rep / 10 s hold



**2. Cervical spine lateral neck stretch [30900]**

Place one hand behind you in the curve of your lower back, and the other by your side.  
Now, bend your neck so that your ear comes closer to the shoulder that is opposite to the arm behind your back.  
Hold this position for 30-60 seconds.

1 Set / 10 Reps



**3. Ulnar nerve glide - end of range with neck SF**

Sit or stand up straight and lift your affected arm out to the side.  
Bend your elbow and rotate your forearm and hand so that your palm faces away from you.  
With your other hand, stretch your wrist backwards and bring your palm in towards the side of your head.  
Your forearm should face the ceiling, and your fingers should be pointing down towards the floor.  
At the same time, keep your gaze forward ahead and tilt your head away from this arm.  
Ensure you do not over stretch.  
Bring your head back to the neutral position before gently repeating the movement.

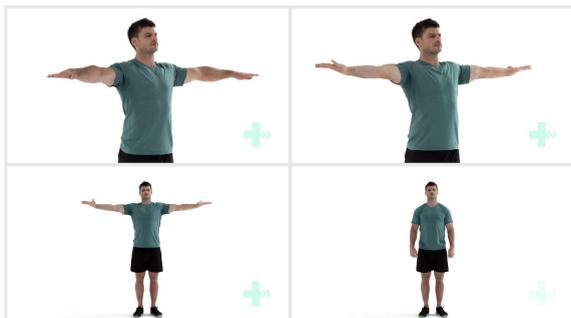
*each side*



**4. Shoulder rolls standing 1.2b (warm up)**

Stand upright and prepare to start the shoulder roll exercise.  
 This exercise is very important for maintaining good posture and mobility in your shoulders and upper back  
 Shrug your shoulders up towards your ears; now slowly roll them backwards and downwards whilst trying to squeeze your shoulder blades together.  
 Relax and return back the starting position and repeat as directed.

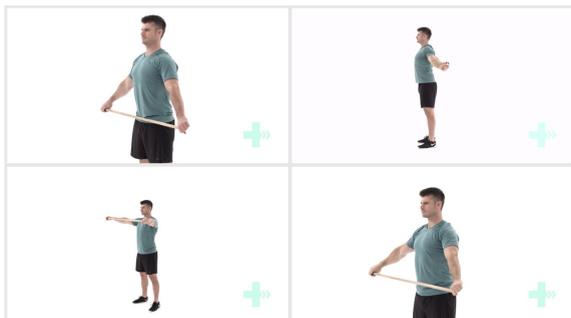
*make sure you do not overextend your knee and shift your pelvis forward. Keep your core engaged*



**5. Shoulder horizontal rotations**

Stand tall with your arms at your sides.  
 Pull your shoulder blades back and down towards your buttocks, and raise your arms horizontally to the side.  
 Rotate your arms backwards and then forwards.  
 Continue the movement to complete the set.

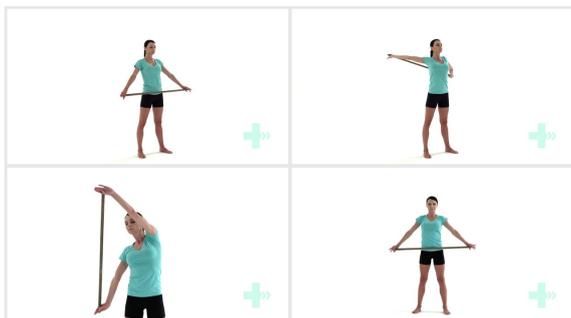
*you can do this one many times a day*



**6. Shoulder rotations with dowel**

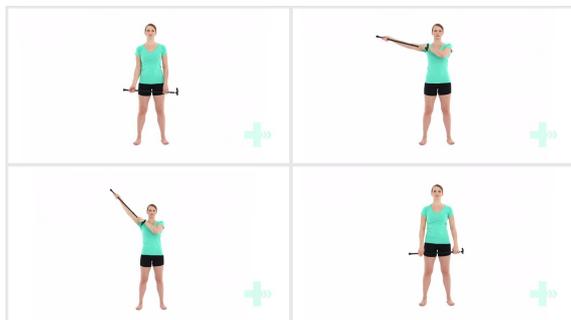
Stand feet-shoulder width apart holding a dowel with a relaxed grip.  
 Pull your shoulder blades back and down and keep your stomach tight.  
 Keeping the arms straight rotate the dowel overhead and into the small of your back under control.  
 Repeat the movement pattern in the opposite direction.

*use your golf club and just move your arm as far as you feel comfortable with*



**7. Shoulder figure 8 - with dowel**

Stand feet-shoulder width apart holding a wooden dowel with a relaxed grip.  
 Pull your shoulder blades back and down and keep your stomach tight.  
 Keeping the arms straight rotate the dowel overhead with one arm leading into the small of your back under control.  
 Lead with the opposite arm and rotate the dowel overhead to return to the starting position.  
 Repeat the movement pattern in the opposite direction.



### 8. AAROM GHjt abduction full ROM

Stand up straight holding a stick in front of you.  
 With your affected arm hold the stick with your palm facing forwards.  
 Push the stick across your body with your unaffected arm, lifting your affected arm out to the side.  
 Be careful not to hunch your shoulders up or lean your body.  
 Control the movement as you slowly lower the stick back down and repeat.

1 Set / 5 Reps

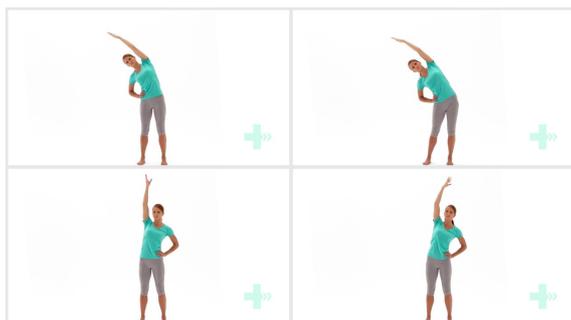


### 9. AAROM GHjt HBB in stand with stick

Stand up straight holding a stick behind your back in both hands.  
 Keeping the stick in contact with your body, try and slide the stick up your back as far as you can manage comfortably.  
 Use your unaffected arm to assist this movement.  
 Ensure you do not hunch your shoulders or lean your body as you do this.  
 Control the movement as you lower your arms back down, and then repeat.

*use your golf club.  
 both sides*

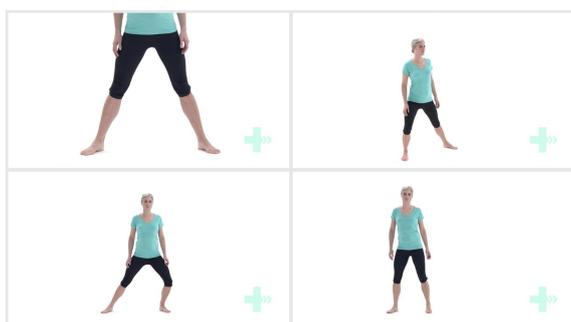
1 Set / 1 Rep / 1 s hold



### 10. Lateral trunk stretch

Stand with your feet shoulder width apart and place one hand on your hip.  
 Extend the other hand into the air, leaning over to the side while you increase the stretch by pushing your hips in the opposite direction.  
 Hold this position before you repeat on the other side.

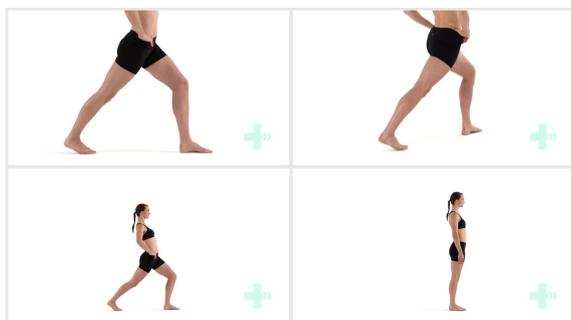
1 Set / 5 Reps / 3 s hold



### 11. Hip adductor stretching

Take a large step out to the side and keep both feet flat on the floor with the toes slightly turned out.  
 Shift your weight to one side, bending this knee.  
 You will feel a stretch down the inside of the thigh on the straight leg.  
 Hold this position.

*each side*



### 12. Hip flexor stretch in stand

Start in a standing position.

Move your affected leg one pace backwards.

Hold on to a support if you feel you need it.

Keeping your feet in this position, drive your hips forward and lift up your chest.

It is ok for the back knee to bend a little and for your heel to come up off the floor.

You should feel a stretch in the front of your hip.

Hold this position and then return to the starting position and then relax.

*each side, You can gently "bounce" in the movement to add some dynamic in the exercise*

1 Set / 10 Reps



### 13. Alternate heel raise transferring weight

Stand with your legs hips width apart.

Bend both legs, and rise up on to your toes.

Lower one heel down to a flat foot, taking your weight on to this side.

Rise back up on to the toes on both feet, straightening your knees, then lower the other heel back down, transferring your weight over to this side.

Continue this motion, lifting and transferring alternately.

*keep feet closer together than in the video*