

ARM LIFTS



Starting Position

- Sit on a chair (or lie on your back) and hold onto the forearm of your operated side
- Take the weight of your arm



Movement

- Exhale. Use your un-operated arm to do the lifting
- Lift up your arm as far as it will go
- Your arm should be completely relaxed
- Inhale. Hold in this position
- Exhale. Slowly return your arm to the starting position
- Repeat 5 – 6 times

Note:

- Make sure the arm you are lifting is completely relaxed