

## Level 2 Post Operative Exercises

When comfortable with the Level 1 exercises, slowly move onto the Level 2.

Aim to repeat these exercises 10 times per day, 4 times a day

### 1: Arm Lift

Keep pushing your hands together so that they support each other as you lift your arms over your head, reach within your comfort level.

Lower your hands back towards you hips.



### 2: Wall Crawl

Stand facing the wall with your toes about 20-25cm from the wall.

Place both hands on the wall about elbow height.

Use your fingers to pull your hands up the wall, going as far as you can.

Slowly slide your hands back down the wall

