Results for all attempts

## Exercise Name: Shoulder Rotation

Description: Sit next to a table with your elbow supported just below shoulder height on a rolled up towel.  
Now make a gentle fist, keep your elbow bent and then rotate your forearm to point upwards.  
Return to the start position and relax. Make sure you sit up tall whilst you do this.  
When it is easy for you to do this you can add a light weight – start with half kilo or a small 500ml water bottle.  
As the exercise gets easier you can increase the weight:  
• First to 1 kilo  
• Then to 1 and a half kilos  
• Then to 2 kilos  
Other Tips:  
Be patient! It may be 6 -12 weeks before you see a big change in your pain so you need to stick with it.

## Quantitative

|  |  |
| --- | --- |
| Repetitions | Duration |
| 22 | 34.508299 |

## Qualitative

|  |
| --- |
| Accuracy |
| 87.395789 |

## Exercise Name: Shoulder Rotation

Description: Sit next to a table with your elbow supported just below shoulder height on a rolled up towel.  
Now make a gentle fist, keep your elbow bent and then rotate your forearm to point upwards.  
Return to the start position and relax. Make sure you sit up tall whilst you do this.  
When it is easy for you to do this you can add a light weight – start with half kilo or a small 500ml water bottle.  
As the exercise gets easier you can increase the weight:  
• First to 1 kilo  
• Then to 1 and a half kilos  
• Then to 2 kilos  
Other Tips:  
Be patient! It may be 6 -12 weeks before you see a big change in your pain so you need to stick with it.

## Quantitative

|  |  |
| --- | --- |
| Repetitions | Duration |
| 8 | 14.663344 |

## Qualitative

|  |
| --- |
| Accuracy |
| 85.974343 |

## Exercise Name: Shoulder Rotation

Description: Sit next to a table with your elbow supported just below shoulder height on a rolled up towel.  
Now make a gentle fist, keep your elbow bent and then rotate your forearm to point upwards.  
Return to the start position and relax. Make sure you sit up tall whilst you do this.  
When it is easy for you to do this you can add a light weight – start with half kilo or a small 500ml water bottle.  
As the exercise gets easier you can increase the weight:  
• First to 1 kilo  
• Then to 1 and a half kilos  
• Then to 2 kilos  
Other Tips:  
Be patient! It may be 6 -12 weeks before you see a big change in your pain so you need to stick with it.

## Quantitative

|  |  |
| --- | --- |
| Repetitions | Duration |
| 24 | 64.587764 |

## Qualitative

|  |
| --- |
| Accuracy |
| 88.109065 |

## Exercise Name: Shoulder Rotation

Description: Sit next to a table with your elbow supported just below shoulder height on a rolled up towel.  
Now make a gentle fist, keep your elbow bent and then rotate your forearm to point upwards.  
Return to the start position and relax. Make sure you sit up tall whilst you do this.  
When it is easy for you to do this you can add a light weight – start with half kilo or a small 500ml water bottle.  
As the exercise gets easier you can increase the weight:  
• First to 1 kilo  
• Then to 1 and a half kilos  
• Then to 2 kilos  
Other Tips:  
Be patient! It may be 6 -12 weeks before you see a big change in your pain so you need to stick with it.

## Quantitative

|  |  |
| --- | --- |
| Repetitions | Duration |
| 0 | 13.134907 |

## Qualitative

|  |
| --- |
| Accuracy |
| 85.923356 |

## Exercise Name: Shoulder Rotation

Description: Sit next to a table with your elbow supported just below shoulder height on a rolled up towel.  
Now make a gentle fist, keep your elbow bent and then rotate your forearm to point upwards.  
Return to the start position and relax. Make sure you sit up tall whilst you do this.  
When it is easy for you to do this you can add a light weight – start with half kilo or a small 500ml water bottle.  
As the exercise gets easier you can increase the weight:  
• First to 1 kilo  
• Then to 1 and a half kilos  
• Then to 2 kilos  
Other Tips:  
Be patient! It may be 6 -12 weeks before you see a big change in your pain so you need to stick with it.

## Quantitative

|  |  |
| --- | --- |
| Repetitions | Duration |
| 5 | 9.06208 |

## Qualitative

|  |
| --- |
| Accuracy |
| 81.525657 |

## Exercise Name: Shoulder Rotation

Description: Sit next to a table with your elbow supported just below shoulder height on a rolled up towel.  
Now make a gentle fist, keep your elbow bent and then rotate your forearm to point upwards.  
Return to the start position and relax. Make sure you sit up tall whilst you do this.  
When it is easy for you to do this you can add a light weight – start with half kilo or a small 500ml water bottle.  
As the exercise gets easier you can increase the weight:  
• First to 1 kilo  
• Then to 1 and a half kilos  
• Then to 2 kilos  
Other Tips:  
Be patient! It may be 6 -12 weeks before you see a big change in your pain so you need to stick with it.

## Quantitative

|  |  |
| --- | --- |
| Repetitions | Duration |
| 32 | 81.615903 |

## Qualitative

|  |
| --- |
| Accuracy |
| 79.084534 |

## Exercise Name: Shoulder Rotation

Description: Sit next to a table with your elbow supported just below shoulder height on a rolled up towel.  
Now make a gentle fist, keep your elbow bent and then rotate your forearm to point upwards.  
Return to the start position and relax. Make sure you sit up tall whilst you do this.  
When it is easy for you to do this you can add a light weight – start with half kilo or a small 500ml water bottle.  
As the exercise gets easier you can increase the weight:  
• First to 1 kilo  
• Then to 1 and a half kilos  
• Then to 2 kilos  
Other Tips:  
Be patient! It may be 6 -12 weeks before you see a big change in your pain so you need to stick with it.

## Quantitative

|  |  |
| --- | --- |
| Repetitions | Duration |
| 11 | 54.927681 |

## Qualitative

|  |
| --- |
| Accuracy |
| 75.611574 |

## Exercise Name: Wall Slide

Description: Find a smooth wall or wall mirror and a cloth that will slide easily on the wall (or put clean socks on your hands). Stand facing the wall. Place the edges of your hands against the wall with your thumbs facing you.  
Now step forward as you gently push into the wall and slide your hands up as far as you can. Relax and return to start position.  
• Repeat 8 times  
• Rest for a minute  
• Repeat 8 times  
• Rest for a minute  
• Repeat 8 times.  
When you can do this exercise easily you can progress by doing it without the support of the wall and adding a light weight.

## Quantitative

|  |  |
| --- | --- |
| Repetitions | Duration |
| 0 | 29.881751 |

## Qualitative

|  |
| --- |
| Accuracy |
| 41.961939 |

## Exercise Name: Wall Slide

Description: Find a smooth wall or wall mirror and a cloth that will slide easily on the wall (or put clean socks on your hands). Stand facing the wall. Place the edges of your hands against the wall with your thumbs facing you.  
Now step forward as you gently push into the wall and slide your hands up as far as you can. Relax and return to start position.  
• Repeat 8 times  
• Rest for a minute  
• Repeat 8 times  
• Rest for a minute  
• Repeat 8 times.  
When you can do this exercise easily you can progress by doing it without the support of the wall and adding a light weight.

## Quantitative

|  |  |
| --- | --- |
| Repetitions | Duration |
| 0 | 6.16091 |

## Qualitative

|  |
| --- |
| Accuracy |
| 47.468581 |

## Exercise Name: Wall Slide

Description: Find a smooth wall or wall mirror and a cloth that will slide easily on the wall (or put clean socks on your hands). Stand facing the wall. Place the edges of your hands against the wall with your thumbs facing you.  
Now step forward as you gently push into the wall and slide your hands up as far as you can. Relax and return to start position.  
• Repeat 8 times  
• Rest for a minute  
• Repeat 8 times  
• Rest for a minute  
• Repeat 8 times.  
When you can do this exercise easily you can progress by doing it without the support of the wall and adding a light weight.

## Quantitative

|  |  |
| --- | --- |
| Repetitions | Duration |
| 0 | 4.26171 |

## Qualitative

|  |
| --- |
| Accuracy |
| 40.711614 |

## Exercise Name: Shoulder Rotation

Description: Sit next to a table with your elbow supported just below shoulder height on a rolled up towel.  
Now make a gentle fist, keep your elbow bent and then rotate your forearm to point upwards.  
Return to the start position and relax. Make sure you sit up tall whilst you do this.  
When it is easy for you to do this you can add a light weight – start with half kilo or a small 500ml water bottle.  
As the exercise gets easier you can increase the weight:  
• First to 1 kilo  
• Then to 1 and a half kilos  
• Then to 2 kilos  
Other Tips:  
Be patient! It may be 6 -12 weeks before you see a big change in your pain so you need to stick with it.

## Quantitative

|  |  |
| --- | --- |
| Repetitions | Duration |
| 6 | 33.458533 |

## Qualitative

|  |
| --- |
| Accuracy |
| 82.087998 |

## Exercise Name: Shoulder Rotation

Description: Sit next to a table with your elbow supported just below shoulder height on a rolled up towel.  
Now make a gentle fist, keep your elbow bent and then rotate your forearm to point upwards.  
Return to the start position and relax. Make sure you sit up tall whilst you do this.  
When it is easy for you to do this you can add a light weight – start with half kilo or a small 500ml water bottle.  
As the exercise gets easier you can increase the weight:  
• First to 1 kilo  
• Then to 1 and a half kilos  
• Then to 2 kilos  
Other Tips:  
Be patient! It may be 6 -12 weeks before you see a big change in your pain so you need to stick with it.

## Quantitative

|  |  |
| --- | --- |
| Repetitions | Duration |
| 0 | 2.728881 |

## Qualitative

|  |
| --- |
| Accuracy |
| 82.926866 |

## Exercise Name: Wall Slide

Description: Find a smooth wall or wall mirror and a cloth that will slide easily on the wall (or put clean socks on your hands). Stand facing the wall. Place the edges of your hands against the wall with your thumbs facing you.  
Now step forward as you gently push into the wall and slide your hands up as far as you can. Relax and return to start position.  
• Repeat 8 times  
• Rest for a minute  
• Repeat 8 times  
• Rest for a minute  
• Repeat 8 times.  
When you can do this exercise easily you can progress by doing it without the support of the wall and adding a light weight.

## Quantitative

|  |  |
| --- | --- |
| Repetitions | Duration |
| 0 | 1.266607 |

## Qualitative

|  |
| --- |
| Accuracy |
| 40.392604 |

## Exercise Name: Shoulder Rotation

Description: Sit next to a table with your elbow supported just below shoulder height on a rolled up towel.  
Now make a gentle fist, keep your elbow bent and then rotate your forearm to point upwards.  
Return to the start position and relax. Make sure you sit up tall whilst you do this.  
When it is easy for you to do this you can add a light weight – start with half kilo or a small 500ml water bottle.  
As the exercise gets easier you can increase the weight:  
• First to 1 kilo  
• Then to 1 and a half kilos  
• Then to 2 kilos  
Other Tips:  
Be patient! It may be 6 -12 weeks before you see a big change in your pain so you need to stick with it.

## Quantitative

|  |  |
| --- | --- |
| Repetitions | Duration |
| 3 | 9.083357 |

## Qualitative

|  |
| --- |
| Accuracy |
| 81.278241 |

## Exercise Name: Push-ups against a wall

Description: Now put your hands on the wall as if you are going to do a push-up. Make sure your hands are placed a little wider than the width of your shoulders, your hands are turned out slightly and your elbows are below your shoulders.  
Now lower your body towards the wall keeping your body nice and tall.  
• Repeat this 8 times  
• Rest for a minute  
• Repeat 8 times  
• Rest for a minute  
• Repeat 8 times.  
When you can do this exercise easily you can progress and increase load by moving your feet further from the wall.

## Quantitative

|  |  |
| --- | --- |
| Repetitions | Duration |
| 0 | 7.049173 |

## Qualitative

|  |
| --- |
| Accuracy |
| 46.677144 |

## Exercise Name: Wall Slide

Description: Find a smooth wall or wall mirror and a cloth that will slide easily on the wall (or put clean socks on your hands). Stand facing the wall. Place the edges of your hands against the wall with your thumbs facing you.  
Now step forward as you gently push into the wall and slide your hands up as far as you can. Relax and return to start position.  
• Repeat 8 times  
• Rest for a minute  
• Repeat 8 times  
• Rest for a minute  
• Repeat 8 times.  
When you can do this exercise easily you can progress by doing it without the support of the wall and adding a light weight.

## Quantitative

|  |  |
| --- | --- |
| Repetitions | Duration |
| 0 | 3.220473 |

## Qualitative

|  |
| --- |
| Accuracy |
| 41.984732 |

## Exercise Name: Shoulder Rotation

Description: Sit next to a table with your elbow supported just below shoulder height on a rolled up towel.  
Now make a gentle fist, keep your elbow bent and then rotate your forearm to point upwards.  
Return to the start position and relax. Make sure you sit up tall whilst you do this.  
When it is easy for you to do this you can add a light weight – start with half kilo or a small 500ml water bottle.  
As the exercise gets easier you can increase the weight:  
• First to 1 kilo  
• Then to 1 and a half kilos  
• Then to 2 kilos  
Other Tips:  
Be patient! It may be 6 -12 weeks before you see a big change in your pain so you need to stick with it.

## Quantitative

|  |  |
| --- | --- |
| Repetitions | Duration |
| 0 | 1.664161 |

## Qualitative

|  |
| --- |
| Accuracy |
| 88.483343 |

## Exercise Name: Shoulder Rotation

Description: Sit next to a table with your elbow supported just below shoulder height on a rolled up towel.  
Now make a gentle fist, keep your elbow bent and then rotate your forearm to point upwards.  
Return to the start position and relax. Make sure you sit up tall whilst you do this.  
When it is easy for you to do this you can add a light weight – start with half kilo or a small 500ml water bottle.  
As the exercise gets easier you can increase the weight:  
• First to 1 kilo  
• Then to 1 and a half kilos  
• Then to 2 kilos  
Other Tips:  
Be patient! It may be 6 -12 weeks before you see a big change in your pain so you need to stick with it.

## Quantitative

|  |  |
| --- | --- |
| Repetitions | Duration |
| 0 | 2.730364 |

## Qualitative

|  |
| --- |
| Accuracy |
| 86.912424 |

## Exercise Name: Shoulder Rotation

Description: Sit next to a table with your elbow supported just below shoulder height on a rolled up towel.  
Now make a gentle fist, keep your elbow bent and then rotate your forearm to point upwards.  
Return to the start position and relax. Make sure you sit up tall whilst you do this.  
When it is easy for you to do this you can add a light weight – start with half kilo or a small 500ml water bottle.  
As the exercise gets easier you can increase the weight:  
• First to 1 kilo  
• Then to 1 and a half kilos  
• Then to 2 kilos  
Other Tips:  
Be patient! It may be 6 -12 weeks before you see a big change in your pain so you need to stick with it.

## Quantitative

|  |  |
| --- | --- |
| Repetitions | Duration |
| 8 | 67.10218 |

## Qualitative

|  |
| --- |
| Accuracy |
| 73.769868 |

## Exercise Name: Shoulder Rotation

Description: Sit next to a table with your elbow supported just below shoulder height on a rolled up towel.  
Now make a gentle fist, keep your elbow bent and then rotate your forearm to point upwards.  
Return to the start position and relax. Make sure you sit up tall whilst you do this.  
When it is easy for you to do this you can add a light weight – start with half kilo or a small 500ml water bottle.  
As the exercise gets easier you can increase the weight:  
• First to 1 kilo  
• Then to 1 and a half kilos  
• Then to 2 kilos  
Other Tips:  
Be patient! It may be 6 -12 weeks before you see a big change in your pain so you need to stick with it.

## Quantitative

|  |  |
| --- | --- |
| Repetitions | Duration |
| 2 | 35.83065 |

## Qualitative

|  |
| --- |
| Accuracy |
| 60.450323 |

## Exercise Name: Shoulder Rotation

Description: Sit next to a table with your elbow supported just below shoulder height on a rolled up towel.  
Now make a gentle fist, keep your elbow bent and then rotate your forearm to point upwards.  
Return to the start position and relax. Make sure you sit up tall whilst you do this.  
When it is easy for you to do this you can add a light weight – start with half kilo or a small 500ml water bottle.  
As the exercise gets easier you can increase the weight:  
• First to 1 kilo  
• Then to 1 and a half kilos  
• Then to 2 kilos  
Other Tips:  
Be patient! It may be 6 -12 weeks before you see a big change in your pain so you need to stick with it.

## Quantitative

|  |  |
| --- | --- |
| Repetitions | Duration |
| 2 | 38.298035 |

## Qualitative

|  |
| --- |
| Accuracy |
| 62.735002 |