

## Scapular Stabilising- Bicep Curl

**Starting Position:** loop your theraband around the leg of a table. Kneel facing away from the table with one end of the band in each hand and your arms straight down by your sides.

**Action:** slowly bend your elbows to 90° as if to do a bicep curl. Lower your hands back to your side. Be careful not to lift your shoulders up toward your ears.



These sheets are for guidance only. Although carrying out the exercises on this sheet correctly may be beneficial to you, these sheets do not nor are they intended to replace a proper assessment from your Chartered Physiotherapist. It is advisable that you discuss how to carry out the exercises contained on this sheet with your Physiotherapist at your next session. Should you have any questions regarding the exercises contained on this sheet please feel free to discuss same with your Physiotherapist at your next treatment session. The management accepts no responsibility whatsoever for the content or accuracy of these sheets or any issues resulting from same.

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