# AHP 360 video : physiotherapy scene three

## Musculoskeletal out-patient department

>> CONNOR: Okay Naz, so I'm going to give you a wee exercise to help with your shoulder strength. So, we're going to pop it on the side of our hip and we're going be bringing it over here as far as we can. I'll just face this way so that you can see I'm doing it this way. And we're going to step and lift like this. Okay. Just doing a couple of them. Alright. Do you want to give that a go for me?

>> NAZ: Absolutely.

>> CONNOR: Perfect. So that's it to that side. Taking it over here. So, have your hand a bit lower here for me, so we're taking tension early on. Just see how that feels first. Yeah?

>> NAZ: Just like that?

>> CONNOR: Pretty strong. Good. Okay. And then what we're going to do is we're going to step as we do it. Okay. As you, that's it. You show me. Perfect. Good. Let's do a couple of reps of that and see how that feels. Is it quite tough or a little bit?

>> NAZ: It's okay. It's alright.

>> CONNOR: Good. Good. A little higher if we can.