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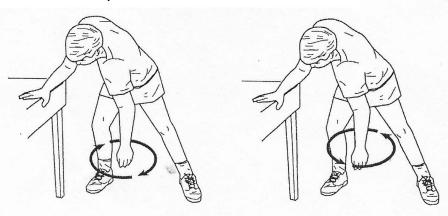


Shoulder Pendulum Exercises

Bend at the waist so your arm is dangling down. You should use your non-operative arm to lean on a table or counter-top for support. Gently rock your body weight from your left to your right foot or in a circular motion to move your arm in a circular pattern.

Perform 30 repetitions

Then reverse your movement to move arm in the opposite direction Perform 30 repetitions



Bend at your waist so your arm is dangling down. Use your non-operative arm to lean onto a table or counter-top for support. Shift your body weight forward and backward to move your operative arm forward and backward. Let your arm swing freely Perform 30 repetitions

Bend at your waist so your arm is dangling down. Use your non-operative arm to lean onto a table or counter-top for support.
Shift your body weight side to side to move your operative arm forward and backward. Let your arm swing freely.
Perform 30 repetitions

