

# Pendulum Exercises for Shoulder

All exercises should be done 5 times daily in 5 to 10 minute sessions.

- ❑ Place your hand flat on a chair or table (chair shown) and bend over at your waist. Keep your arm straight and shoulder relaxed. Circle your entire arm clockwise then counter-clockwise.



- ❑ Bend over at your waist. Keep the arm straight and shoulder relaxed. Move your arm from side to side.



- ❑ Bend over at your waist. Keep the arm straight and shoulder relaxed. Move your arm back and forth.



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