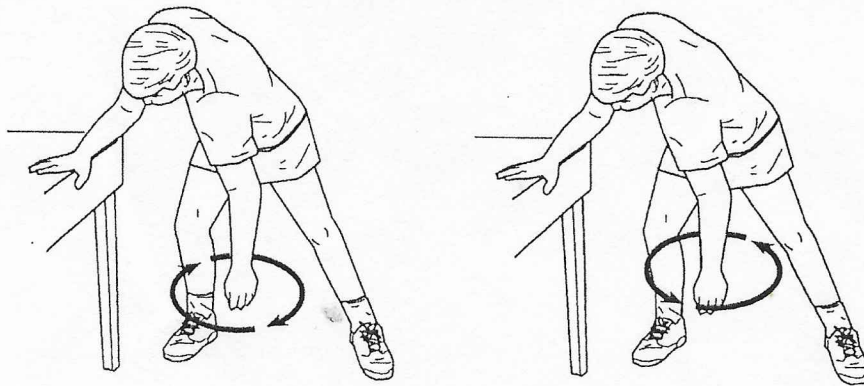


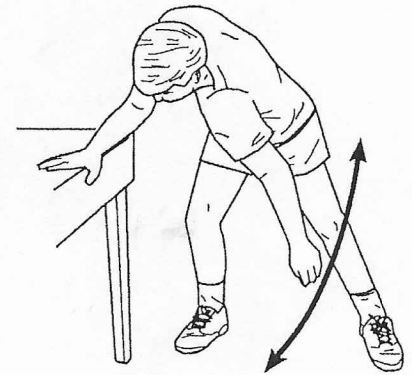


## **Shoulder Pendulum Exercises**

**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**

