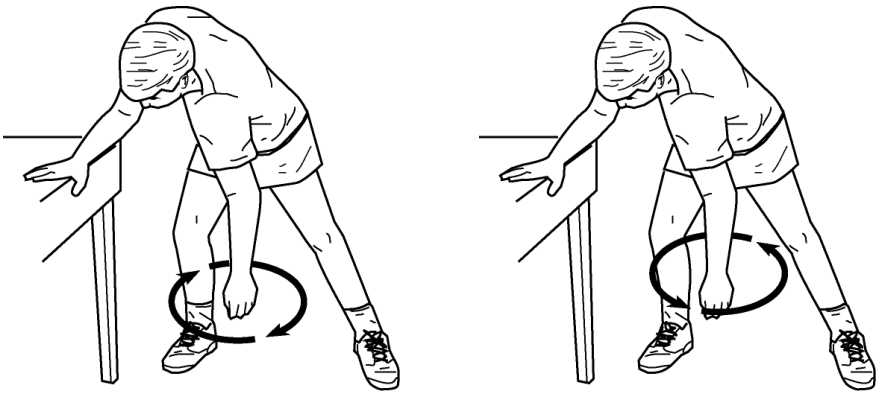
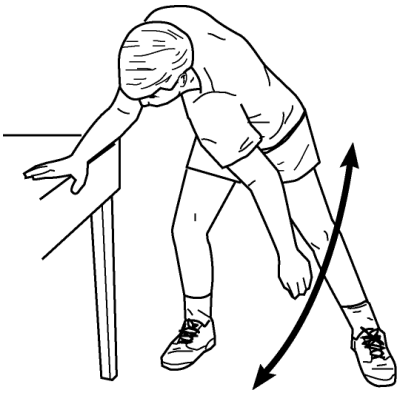
Pendulum Exercises for Shoulder

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

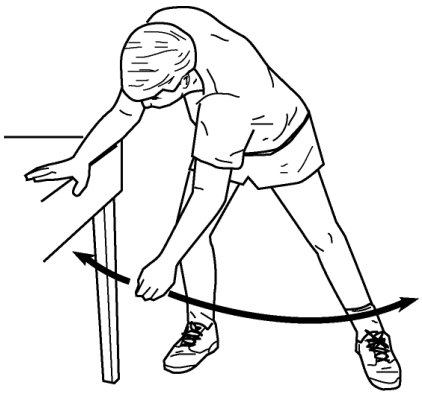
- ❑ Bend at the waist so your arm is dangling down. You may want to hold onto a table or chair for support. Gently rock your body weight from your left to your right foot or in a circular motion to move your arm in circular pattern. Reverse your movement so your arm moves in the opposite direction. Do this 5 times in each direction.



- ❑ Bend at your waist so your arm is dangling down. You may want to hold onto a table or chair for support. Move your arm forward and backward. Let your arm swing freely.



- ❑ Bend at your waist so your arm is dangling down. You may want to hold onto a table or chair for support. Move your arm side to side. Let your arm swing freely.



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