



1. Pendulum (Codman's), 1 set of 10

Lean on a table or the back of a chair, bending your knees and keeping your back straight. Now, let your arm relax and hang straight down. Begin making small circles, first clockwise then counter-clockwise. Let the arm swing freely, remaining as relaxed as possible. Now repeat the pendulum motion forward and backward and then side to side. Remember to stay relaxed. Do 1 set of 10.

### **Pendulum Exercises**

**Please complete exercises 2-3 times per day**