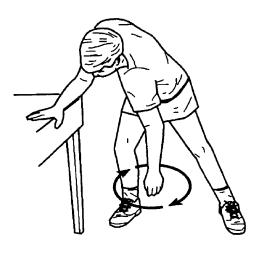
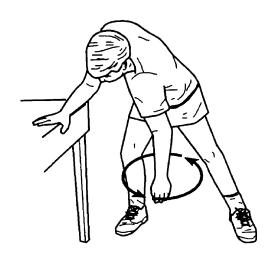
Pendulum Exercises for Shoulder

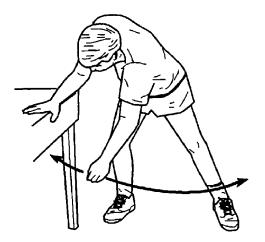


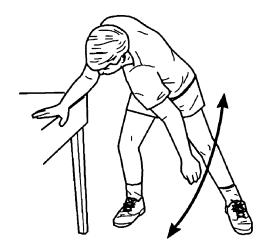
All exercises should be done 5 times daily, in 5 to 10 minute sessions.





☐ Place your forearm flat on a table and bend over at your waist. Circle your entire arm clockwise then counter-clockwise.





- ☐ Bend over at your waist and move your arm from side to side.
- ☐ Bend over at your waist and move your arm back and forth.

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