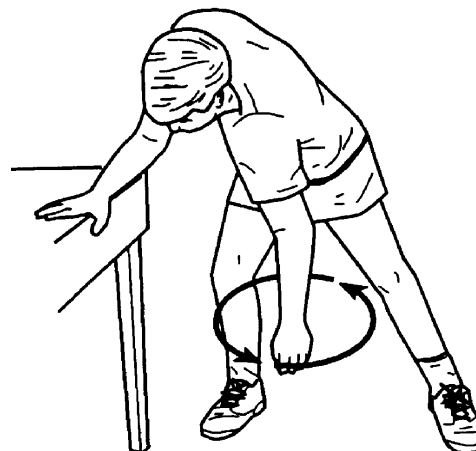
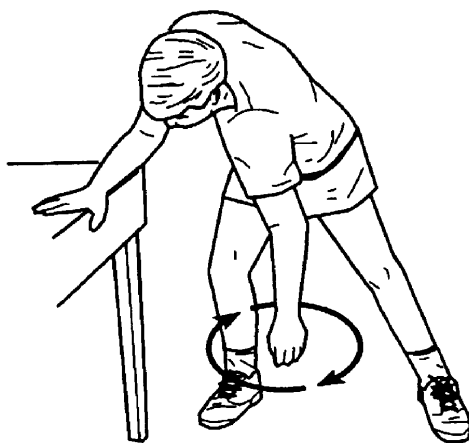
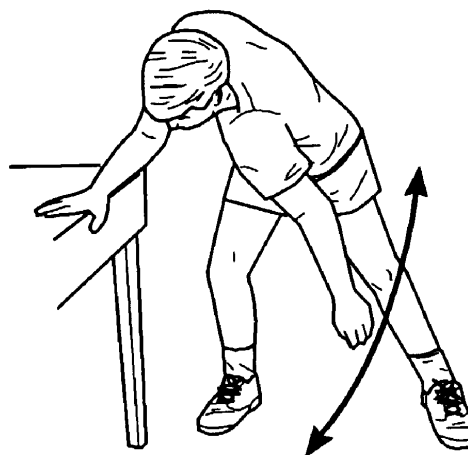
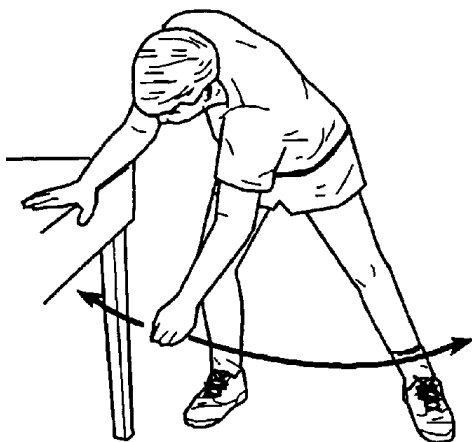


Pendulum Exercises for Shoulder

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.

If you would like more written information, please call the Library for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.