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.

![Pendulum Exercise Diagram]

- 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.

![Pendulum Exercise Diagram]

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- 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.

- Talk to your doctor or others on your health care team if you have any questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.