

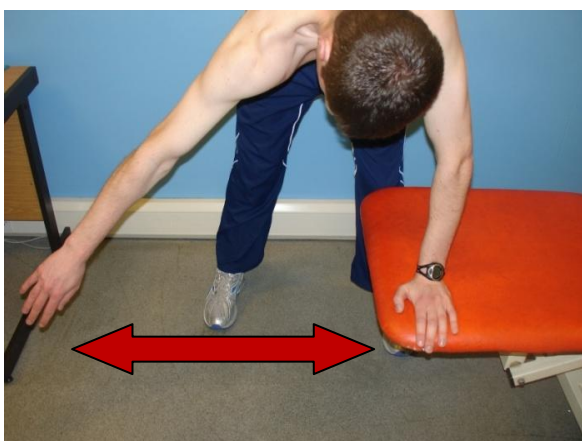


Pendular exercises

These are normally carried out after surgery or injury as the initial way to start the shoulder moving.



Lean over and let your arm hang and swing forwards and back, do 20 times and repeat 4 times per day.



Lean over and let your arm hang and swing side to side, do 20 times and repeat 4 times per day.



Lean over and let your arm hang and swing in a circle clockwise and then anti-clockwise, do 20 times and repeat 4 times per day.

