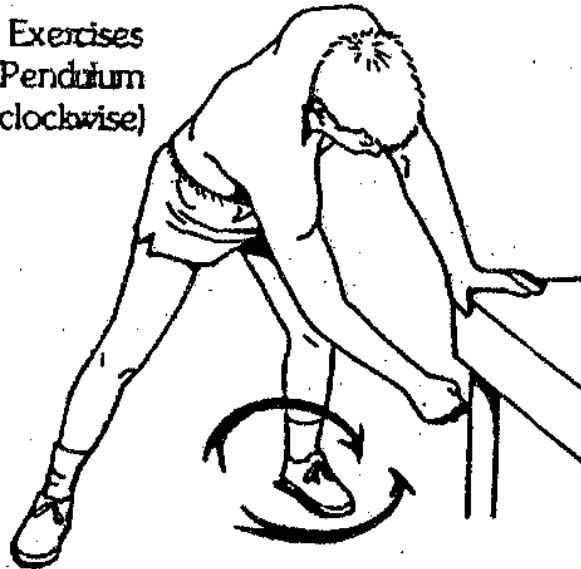


PENDULUMS

Range of Motion Exercises
(Codman's Exercises): Pendulum
(Clockwise/counterclockwise)

Let arm move in a circle clockwise, then counterclockwise by rocking body weight in a circular pattern.

Repeat times.
Do sessions per day.



Range of Motion Exercises
(Codman's Exercises):
Pendulum (side-to-side)

Gently move arm from side to side by rocking body weight from side to side. Let arm swing freely.

Repeat times.
Do sessions per day.

