

## PENDULUM (CODMANS) EXERCISES

- This exercise uses the weight and momentum of your arm to encourage movement at the shoulder joint, while maintaining inactivity of the injured or repaired muscles.
1. Stand beside a table or chair with the hand of your unaffected shoulder on the table and feet slightly wider than shoulder-width apart.
  2. Bend at the hips approximately 75 to 90 degrees and let your affected arm hang down toward the floor.
  3. Shift your weight side to side, letting your arm swing freely side to side.
  4. Shift your weight forward and backward, letting your arm swing freely front to back.
  5. Once you feel comfortable with these movements, move your body so that your arm swings in a circle, being careful not to use your shoulder muscles to create movement. Keep the circle small, less than 8 inches.
  6. Continue for 30 seconds. Each day, increase the time until you can do 3 to 5 minutes.

