

MARIN PHYSICAL THERAPY

Shoulder Pendulum Exercises



Lean over at the hips. Keep your back straight.
Lean on your opposite elbow.

Rock your body creating a passive swinging, or pendulum motion, of your injured shoulder.
Perform 10 repetitions of the following:

1. Clockwise circles.
2. Counter clockwise circles.
3. Forward and backwards.
4. Side to side.
5. Up and down (“starting a lawn mower”).