

Shoulder Pendulums

Pendulum Shoulder Lateral

- Shift your body weight aide to side to allow your injured arm to swing side to side freely.
- **VERY IMPORTANT: Your injured arm should be fully relaxed and should move only in response to your body's motion.**
 - Repeat: 6 times
 - Hold: 10 seconds
 - Complete: 2 sets
 - Perform: 3
 - Time(s): once a day

Pendulum Shoulder Circle

- Shift your body weight in circles to allow your injured arm to swing in circles freely.
- **VERY IMPORTANT: Your injured arm should be fully relaxed and should move only in response to your body's motion.**
 - Repeat: 6 times
 - Hold: 10 seconds
 - Complete: 2 sets
 - Perform: 3
 - Time(s): once a day



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