

## ARM PENDULUM



### Starting Position

- Stand with feet shoulder width apart, bend at your hips and let your operated arm hang below your body
- You can lean on a chair or table for support
- Relax your arm so there is no tension in the arm or shoulder



### Movement

- Swing the arm smoothly and freely backwards and forwards 10 times



### Movement

- Now swing the arm smoothly and freely side to side 10 times
- Next swing the arm in big slow circles 5 times in each direction

### Notes:

- Keep shoulder completely relaxed and let momentum do the work
- You can do the pendulum exercise frequently, when your arm feels tense and you feel you need to move it
- This exercise should not be painful