

Shoulder Pendulum Exercises



Side to Side



Side to Side



Counter Clockwise



Clockwise



Forwards and Backwards



Forwards and Backwards

Lean over and let arm hang freely toward floor.
Allow arm to swing in all directions while keeping your shoulder relaxed.

Hold _____ Sets _____ Reps _____ Times/Day _____



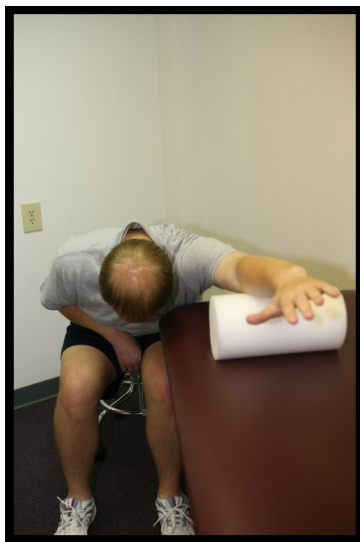
Start Position Flexion



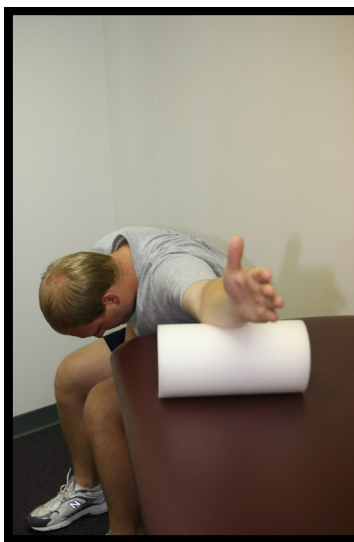
Start Position Scaption (45°)



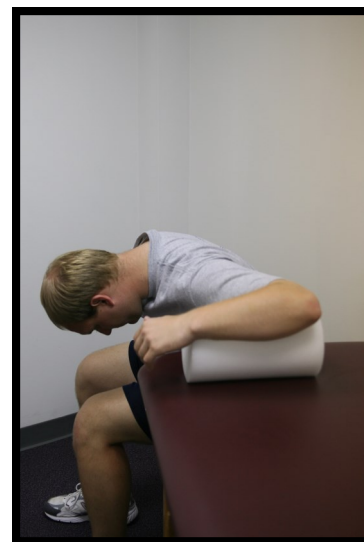
Start Position External Rotation



Finish Position Flexion



Finish Position Scaption (45°)



Finish Position External Rotation

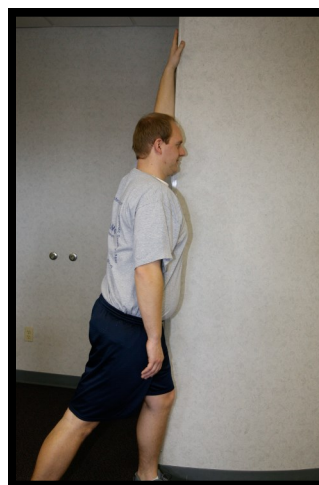
Perform each separate range of motion exercise as prescribed by your therapist.

Hold _____ Sets _____ Reps _____ Times/Day _____

Wall Slides - Flexion and Scaption



Start Position Flexion



Finish Position Flexion



Start Position Scaption (45°)



Finish Position Scaption (45°)

Perform the exercise in **SCAPTION/FLEXION/BOTH** directions.

Scaption should be at about a 45° angle to the wall/corner.

Flexion is performed straight into the wall.

Hold _____ Sets _____ Reps _____ Times/Day _____