

Pendular exercise

Lean forwards placing your unaffected hand on a table



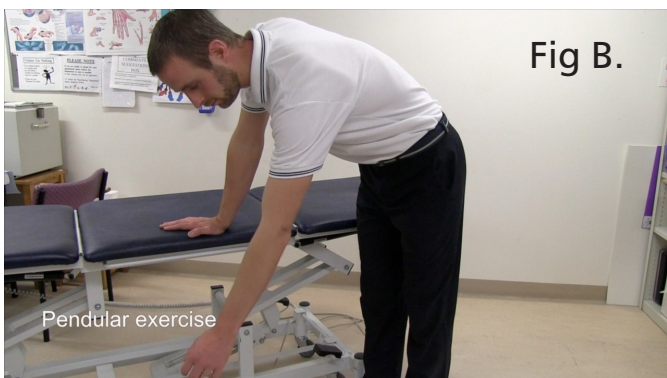
Allow the arm that is to be exercised to relax to the side (Fig A).

Gently start to swing your arm backwards and forwards ensuring that your shoulder stays relaxed throughout (Figs B and C).

Repeat as directed by your physiotherapist.

For a video demonstration of this exercise please press 'Ctrl' and click [HERE](#)

Alternatively, if you have a hand held device such as a smart phone or tablet, download a free 'QR code reader' app from your app store and scan below.



NB Viewing this video may use some of your mobile data allowance. We recommend waiting until you have a wifi connection.



Author: Community Outpatient Physiotherapy - Middlesbrough, Redcar and Cleveland

South Tees Hospitals NHS Foundation Trust, Marton Road, Middlesbrough, TS4 3BW. Tel: 01642 850850

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