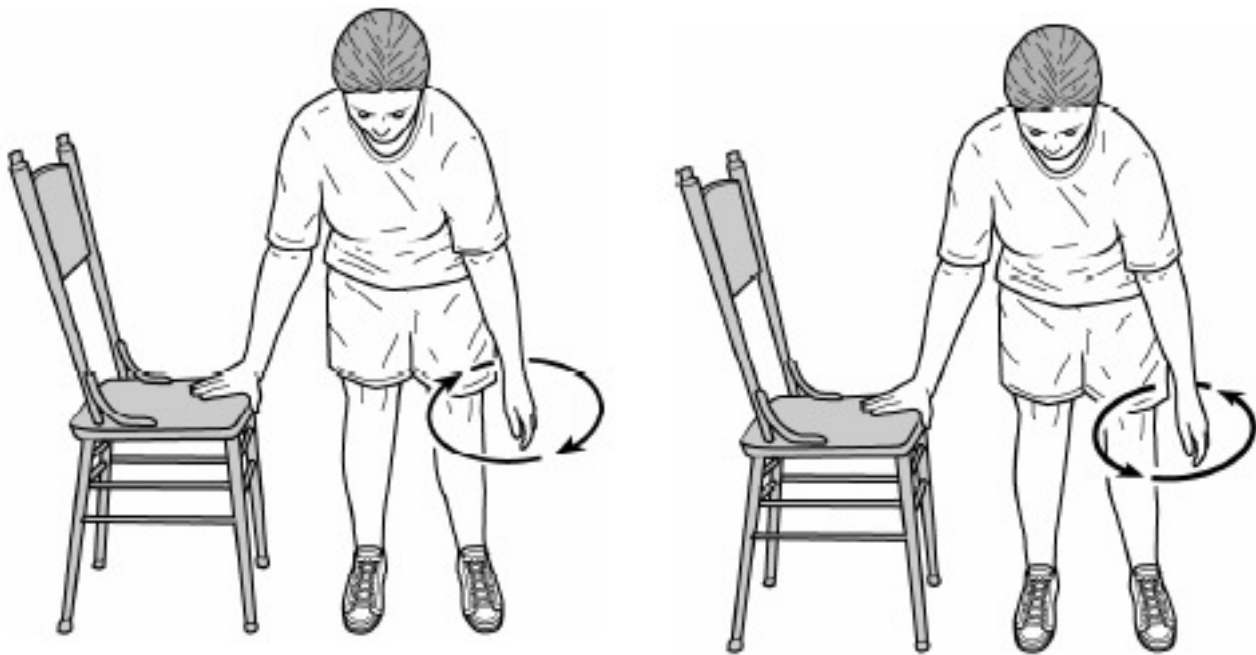


PENDULUM SHOULDER EXERCISES

All exercises should be done 5 times daily, in 5 to 10 minute sessions.

_ Place your hand flat on a chair or table (chair shown) and bend over at your waist. Keep your arm straight and shoulder relaxed. Circle your entire arm clockwise then counter-clockwise.



_ Bend over at your waist. Keep the arm straight and shoulder relaxed. Move your arm from side to side.



_ Bend over at your waist. Keep the arm straight and shoulder relaxed. Move your arm back and forth.

