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## Codman's (pendulum) Exercises

### 1. Pendulum Exercises

Bend forward at the waist, (back parallel to ground is ideal). Allow involved arm to hang down, perpendicular to the floor. Keep arm and shoulder muscles relaxed. Move arm slowly, increasing the arc as tolerated. This technique should cause only minimal pain.



Perform repetitions times per day.

### 1. Front to back

### 2. Side to side



**3. Clockwise circles**



**4. Counterclockwise circles**