This handout provides appropriate guidelines for the pendulum/codman exercise. If you experience a moderate+ increase in your shoulder symptoms during or after doing this exercise, call your provider.

Main line: (952) 946-9777  
Physical therapy: (952) 914-8631

Bend at the waist. Support upper body on table with unaffected hand or forearm. Hang painful/operative arm like an ‘elephant trunk’ and complete pendulums:

1. Front to back
2. Side to side
3. Clockwise circles
4. Counterclockwise circles

Start with small pendulums about 8 inches in size. Gradually work up to larger pendulums about 2-3 feet in diameter.

Complete 10-20 repetitions in each direction. Do 3-5 sessions per day or as instructed by your provider.