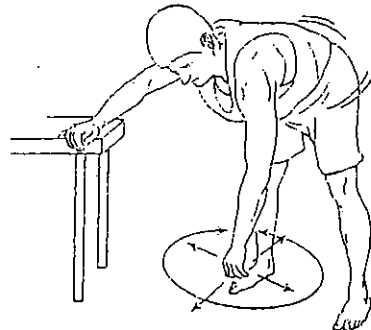
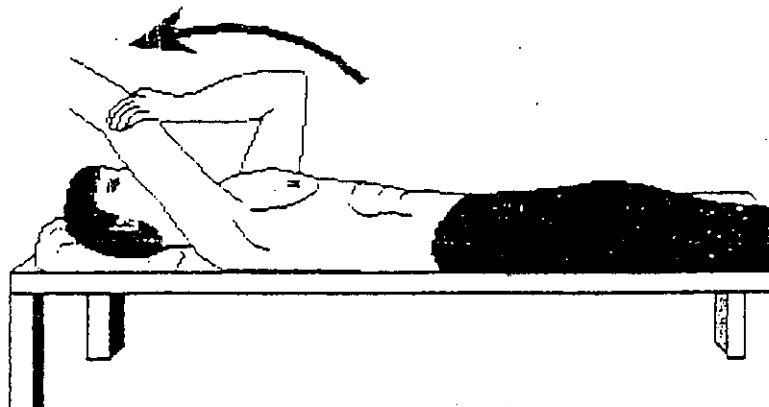


1. Pendulum: lean forward at the waist, letting your operative arm hang freely. Support yourself by placing the opposite hand on a chair, table, or counter as shown. Sway your whole body slowly forward and back. This will cause your arm to move. Let your arm hang freely. Do not tense up. Repeat the above swaying side to side and moving in circular patterns, clockwise and counterclockwise. Do ten repetitions in each direction.



2. Overhead reach is helping to lift your stiff arm up in front of you. To stretch your overhead reach, while lying down, relax, and grasp the wrist of the operated shoulder with your opposite hand. Have your arm half-way between straight ahead and out to the side. Using the power in the opposite arm, bring the operative arm up until your operative elbow points straight ahead. Start holding it for 10 seconds and then work up to where you can hold it for count of 30. Breathe slowly and deeply while the arm is moved. Repeat this stretch ten times.

DO THIS LYING DOWN



External rotation is turning the arm out to the side while your elbow stays close to your body. **DO THIS SITTING!** Hold a cane, yardstick, broom handle or dowel in both hands, or simply grab the wrist of your operative shoulder. Bend both elbows to a right angle.

Use steady gentle force from your normal arm to rotate the hand of the operated shoulder out away from your body. Continue the rotation until your forearm and hand point straight ahead, holding it there for a count of 10. Repeat this exercise ten times.

