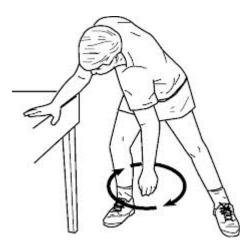
## Codman Instructions Shoulder Flexion – Pendulum Swing



Bend at waist with \_\_\_\_\_\_ arm hanging parallel to legs. Swing arm in straight line from left to right. Keep back straight. Repeat 5 times. Swing arm forward and backward. Repeat 5 times. Do this three times daily.



Bend at waist with \_\_\_\_\_ arm hanging parallel to legs. Swing arm in a circle, clockwise. Keep back straight. Repeat 5 times. Swing arm counterclockwise. Repeat 5 times. Do this three times daily