

## 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