

# PENDULUM SWING EXERCISE

THE PENDULUM SWING IS A GENTLE EXERCISE THAT IS OFTEN PRESCRIBED IN THE EARLY STAGES OF SHOULDER REHABILITATION BECAUSE IT IS PASSIVE, AND THEREFORE EASILY TOLERATED, BUT ALSO HAS MULTIPLE BENEFITS.

## BENEFITS:

- Promotes blood flow to help healing
- Preserves range of motion
- Provides space in the joint for pain relief
- Maintains mobility and prevents stiffness

## WHO WOULD BENEFIT FROM THE PENDULUM SWING EXERCISE?

- Rotator cuff injury or surgery
- Collarbone fractures
- Labral tear
- Decompression surgery
- Shoulder dislocation
- Frozen shoulder

## PENDULUM SWING EXERCISE:

- 1 Place the hand of the unaffected shoulder on a table, or other elevated and supportive surface.
- 2 Stand with your feet shoulder width apart and bend forward at the hip.
- 3 Allow your affected arm to hang toward the floor.
- 4 It is extremely important not to engage your muscles and keep your affected arm loose and relaxed.
- 5 Shift your body weight from side to side, allowing the arm to swing from side to side.
- 6 Then, shift your body weight forward and backward, allowing the arm to swing forward and backward.
- 7 Lastly, shift your body weight in a circular



OVARIATION:

TIME(S) PER DAY:

NOTES:

# The Pendulum Swings

**Sabine Zange**

## **The Pendulum Swings:**

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Helmholtz,1885 On the sensations of tone as a physiological basis for the theory of music, tr. with notes by A.J. Ellis  
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