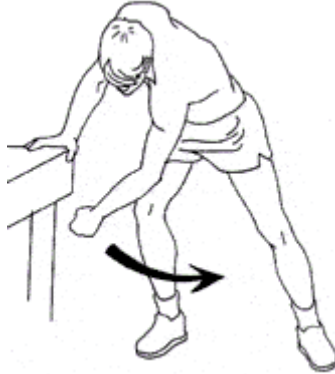


Codman's Pendulum Exercises

Exercise:

Pendulum Side-to-Side



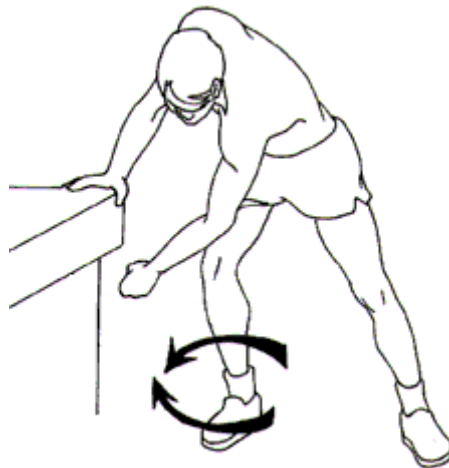
BEND OVER AT THE WAIST AND LET YOUR ARM RELAX COMPLETELY. SLOWLY SWING YOUR ARM FROM SIDE-TO-SIDE AS ILLUSTRATED.

Repeat: 20 times

Sessions: 4 /day

Exercise:

Pendulum Side-to-Side



BEND OVER AT THE WAIST AND LET YOUR ARM RELAX COMPLETELY. SLOWLY SWING YOUR ARM FROM SIDE-TO-SIDE AS ILLUSTRATED.

Repeat: 20 times

Sessions: 4 /day