

Occupational Therapy TOOLKIT

Pendulum Exercises - Left

Perform this exercise 5-10 time(s) per day, 5-7 days a week

Complete 5 set(s) of 10 repetitions.

Hold onto a _____ lb/kg weight.

Pendulum Exercise

Stand or sit leaning forward. Relax your shoulder muscles. Use your body to swing your left arm in a clockwise circle and then in a counterclockwise circle. Gradually increase the diameter of the movements (not to exceed 18 - 24 inches / 45 - 60 cm).

