

# Occupational Therapy TOOLKIT

## Pendulum Exercises - Right

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 right 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).

