

## PENDULUM/CODMAN EXERCISE

- » Bend at the waist.
- » Support upper body on table with nonoperative hand or forearm.
- » Hang operative arm and complete pendulums:
  - » Front to back.
  - » Side to side.
  - » Clockwise circles.
  - » Counterclockwise circles.
- » Start with small pendulums and work up to larger pendulums.
- » Work up to 20 repetitions each direction.
- » Do 5-6 sessions per day.



## UPS-DOWNS

- » Sit or stand with tall posture. Begin with arm resting at your side.
- » Bend the elbow, bringing your hand toward your sternum.
- » Then return to start position.
- » Work up to 20 repetitions.
- » Do 5-6 sessions per day.



## INS-OUTS

- » Sit or stand with tall posture with forearm resting across torso in a sling position.
- » Gently rotate your forearm out and away from your body.
- » Work toward the goal of pointing your forearm straight ahead.
- » Return to start position.
- » Work up to 20 repetitions.
- » Do 5-6 sessions per day.



