

Exercise & Rehabilitation

Passive Exercises

Elbow Flexion & Extension Exercises



1.

2.

1.

2.

Shoulder Pendulum Exercises 1

Lean forwards and let your arm hang relaxed down, using something to help you balance. Gently swing your arm backwards and forwards approximately 20 times.



Shoulder Pendulum Exercises 2

In the same position draw circles with your arm outwards approximately 20 times.

