Shoulder Pendular Exercises

Lean over and let your arm hang and swing side to side, do 20 times and repeat 4 times per day.

Lean over and let your arm hang and swing forwards and back, do 20 times and repeat 4 times per day.

Lean over and let your arm hang and swing in a circle clockwise and then anticlockwise, do 20 times and repeat 4 times per day.