

Name: _____
DOB: _____
URN: _____

Physiotherapy

Shoulder Pendular Exercises

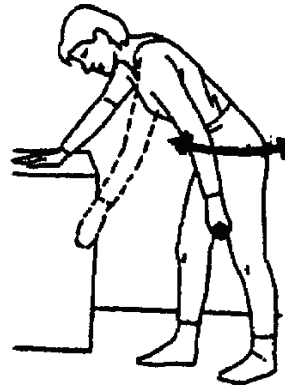
Stand leaning on a chair with one hand.
Let your other arm hang relaxed straight down.
Swing your arm to your left and then to your right
by moving your body.

Repeat ____ times.



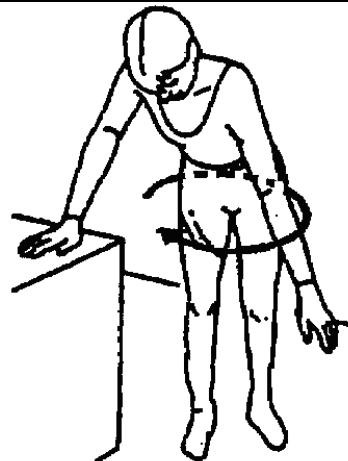
Stand leaning on a chair with one hand.
Let your other arm hang relaxed straight down.
Swing your arm forwards and backwards by
moving your body.

Repeat ____ times



Stand leaning on a chair with one hand.
Let your other arm hang relaxed straight down.
Using your whole body swing your arm as if
drawing a circle on the floor. Change direction.

Repeat ____ times



Physiotherapist _____ Signature _____ Date ____/____/____
(Name & Designation)

If you have any concerns with this advice or exercises, please contact your physiotherapist



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