



Bloomsbury Osteopathy

Shoulder Exercises

Pendular Exercise

Exercise: SHOM03

Function:

To increase range of movement at the shoulder by creating traction at the joint and stretching/gapping other local tissues and structures.

Method:

Starting Position:

Hold a weight in the hand of the affected side. Consult your osteopath for a suitable weight for your specific needs; it is possible that no weight is needed.

With the back flexed to roughly 90° place the unaffected arm on a chair or table for support.

Action:

Suspend the affect arm vertically with a fully extended elbow and the shoulder relaxed. Begin to create small circles with the hand/weight with the wrist remaining in a neutral position.

Gradually create larger circles within a relatively pain-free range allowing the momentum to create smooth and controlled movements. Create circles in both clockwise and anti-clockwise directions. Perform for 30 seconds a minute.

Notes:

As your rehabilitation progresses your osteopath may advise you to gradually increase the weight held in the hand.

EXERCISE: SHOULDER PENDULAR EXERCISE (SHOM03)



All exercises are available from

www.Bloomsbury-Osteopathy.co.uk