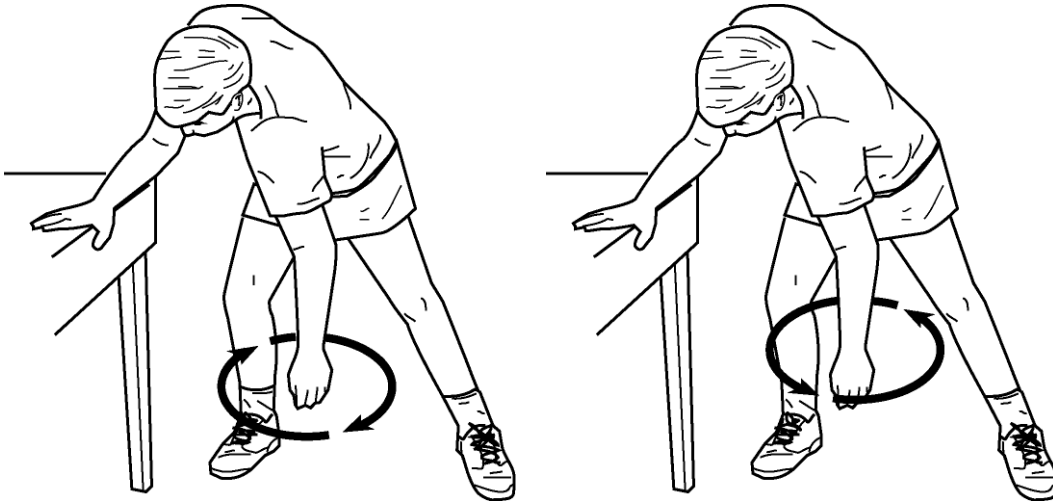


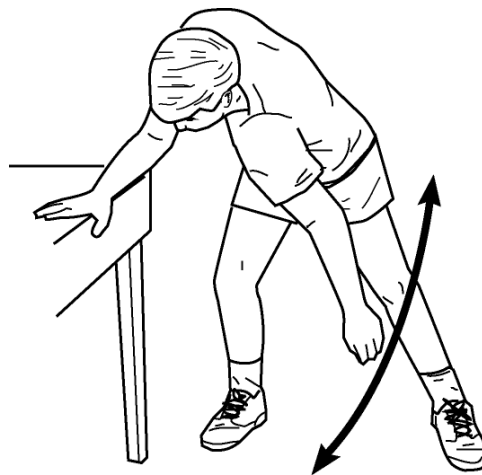
# Pendulum Exercises for Shoulder

All exercises should be done 5 times daily in 5 to 10 minute sessions.

- Bend at the waist so your arm is dangling down. You may want to hold onto a table or chair for support. Gently rock your body weight from your left to your right foot or in a circular motion to move your arm in circular pattern. Reverse your movement so your arm moves in the opposite direction. Do this 5 times in each direction.



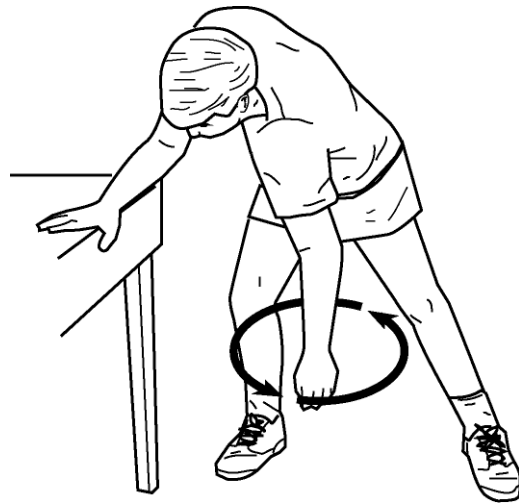
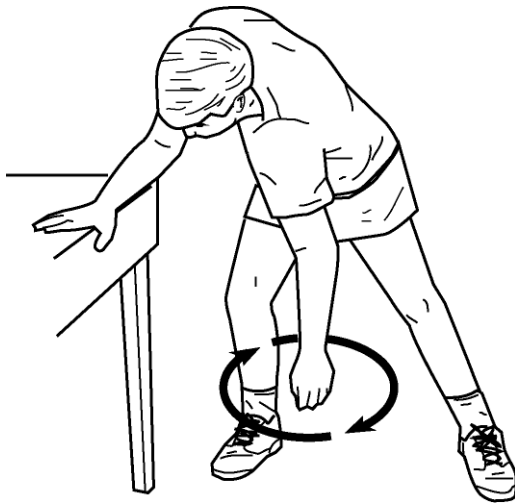
- Bend at your waist so your arm is dangling down. You may want to hold onto a table or chair for support. Move your arm forward and backward. Let your arm swing freely.



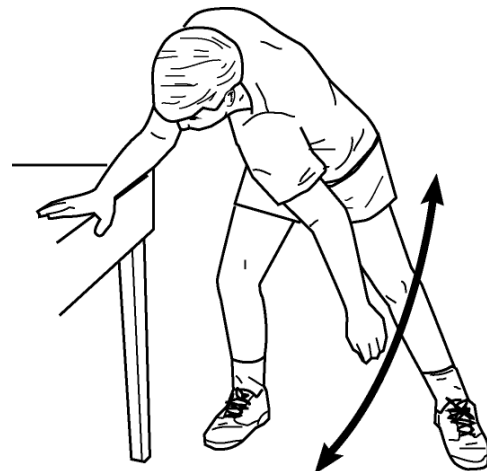
# Ejercicios de péndulo para el hombro

Todos los ejercicios deben hacerse 5 veces al día, en sesiones de 5 a 10 minutos.

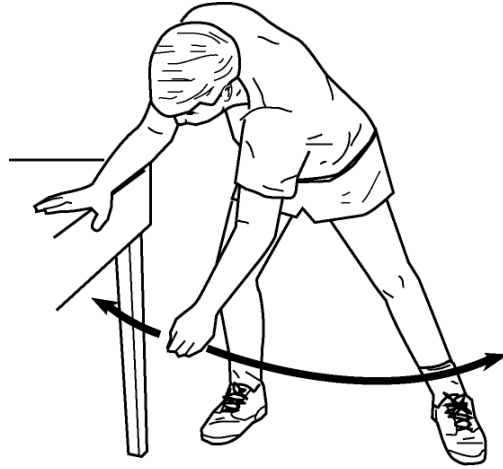
- ❑ Flexione el tronco a la altura de la cintura de modo que su brazo quede colgando hacia abajo. Puede resultarle cómodo sujetarse de una mesa o una silla para apoyarse. Balancee suavemente el peso de su cuerpo del pie izquierdo al derecho o con un movimiento circular, para mover el brazo en forma circular. Invierta los movimientos para que el brazo se mueva en la dirección opuesta. Haga esto cinco veces en cada dirección.



- ❑ Flexione el tronco a la altura de la cintura de modo que su brazo quede colgando hacia abajo. Puede resultarle cómodo sujetarse de una mesa o una silla para apoyarse. Mueva el brazo hacia adelante y hacia atrás. Deje que el brazo realice libremente el movimiento pendular.



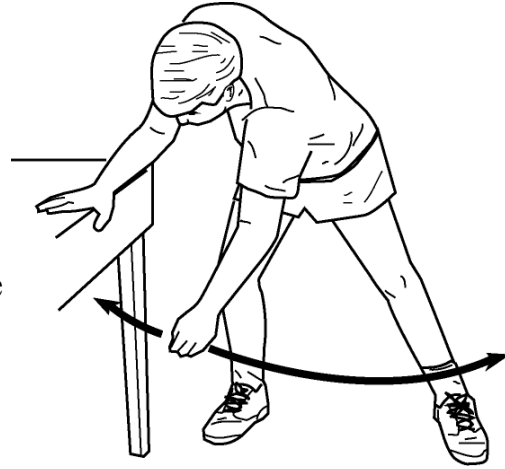
- ❑ Bend at your waist so your arm is dangling down. You may want to hold onto a table or chair for support. Move your arm side to side. Let your arm swing freely.



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- ❑ Flexione el tronco a la altura de la cintura de modo que su brazo quede colgando hacia abajo. Puede resultarle cómodo sujetarse de una mesa o una silla para apoyarse. Mueva el brazo de un lado al otro. Deje que el brazo realice libremente el movimiento pendular.



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Pendulum Exercises for Shoulder. Spanish.