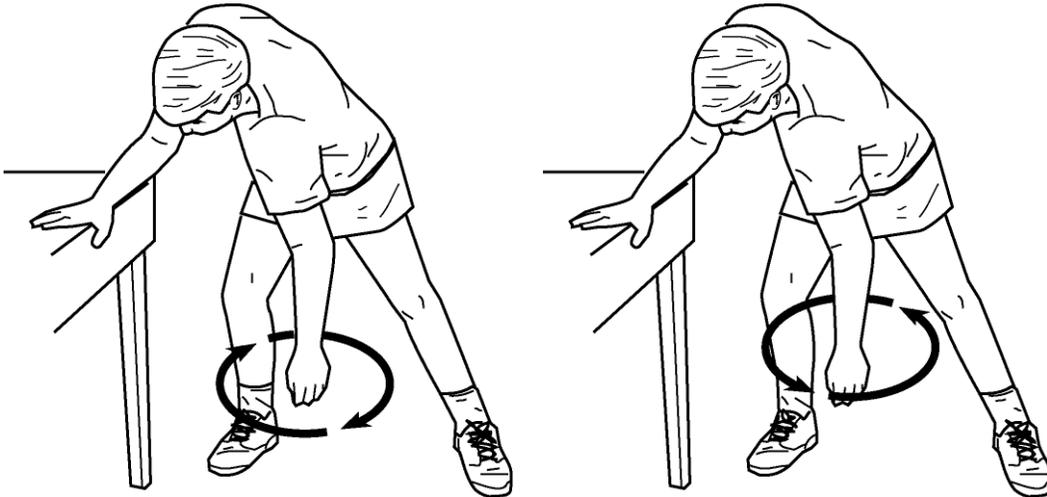


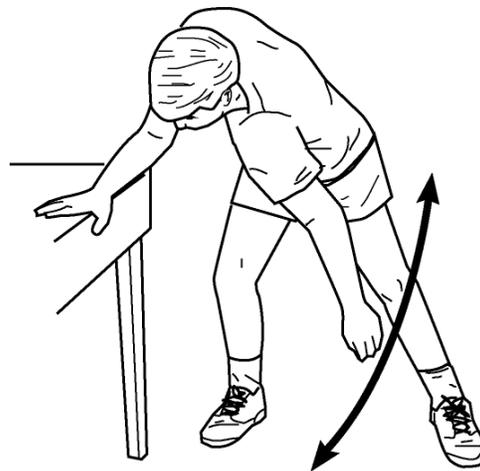
# Pendulum Exercises for Shoulder

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.



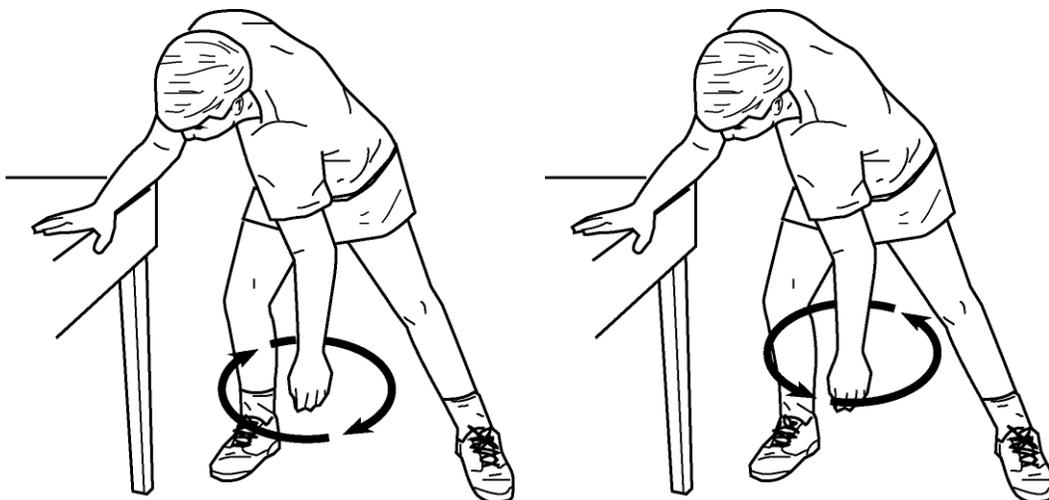
- Bend at your waist so your arm is dangling down. You may want to hold onto a table or chair for support. Move your arm forward and backward. Let your arm swing freely.



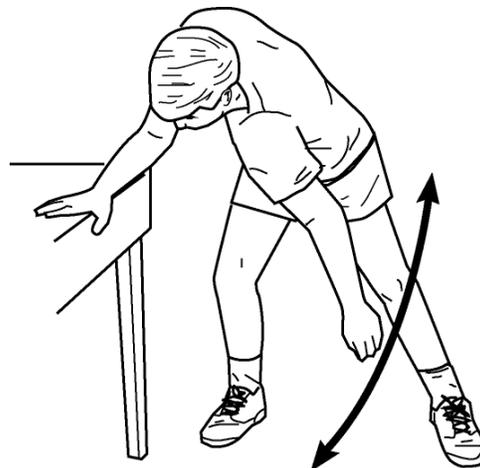
# Jimicsiyada Garabka ee 'Pendulum'ka ah

Dhammaan jimicisyad waa in la sameeyaa 5 jeer maalintii, kullanno ah 5 daqiiqo illaa 10 daqiiqo.

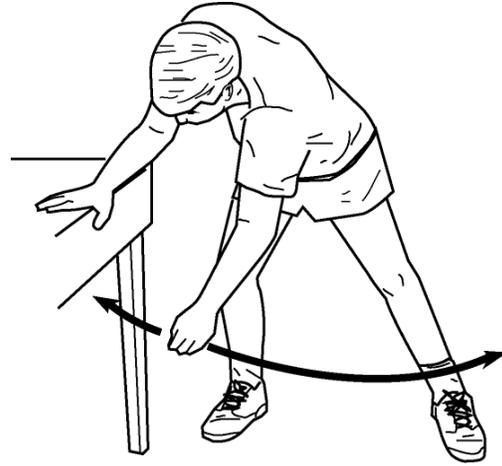
- ❑ Dhexda ka foorarso si ay gacantaadu hoos ugu laadlaadsanto. Waxa laga yaabaa inaad taageero ahaan u qabsatid miis ama kursi. Si tartiib ah u rux miisaanka jirkaaga min bidix illaa cagtaada midig ama si ah dhaqdhaqaaq wareeg ah oo aad gacanta u dhaqdhaqaaajisid qaab wareeg ah. Dhinaca kale u beddel dhaqdhaqaaqa si ay gacantaadu ugu dhaqaaqdo jihada kale. Sidan samee 5 jeer oo jiha kasta ah.



- ❑ Dhexda ka foorarso si ay gacantaadu hoos ugu laadlaadsanto. Waxa laga yaabaa inaad taageero ahaan u qabsatid miis ama kursi. Gacantaada u dhaqaaji hore iyo dib. Gacanta u oggolow inay si madax bannaan u leexaysato.



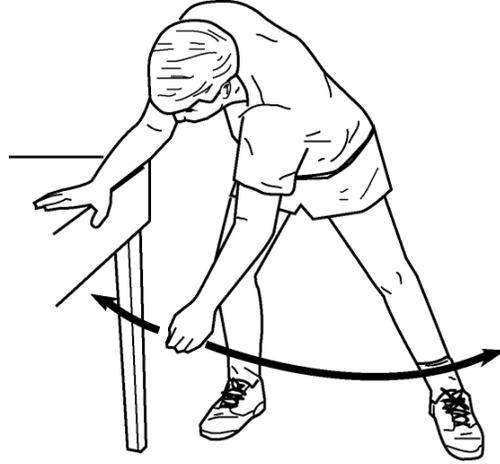
- ❑ Bend at your waist so your arm is dangling down. You may want to hold onto a table or chair for support. Move your arm side to side. Let your arm swing freely.



## 5/2013 Health Information Translations

Unless otherwise stated, user may print or download information from [www.healthinfotranslations.org](http://www.healthinfotranslations.org) for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Wexner Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

- ❑ Dhexda ka foorarso si ay gacantaadu hoos ugu laadlaadsanto. Waxa laga yaabaa inaad taageero ahaan u qabsatid miis ama kursi. Gacantaada u dhaqaaji dhinac illaa dhinc. Gacantaa u oggolow inay si madax bannaan u leexeysato.



#### 5/2013 Health Information Translations

Unless otherwise stated, user may print or download information from [www.healthinfotranslations.org](http://www.healthinfotranslations.org) for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Wexner Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

#### Pendulum Exercises for Shoulder. Somali.