

PENDULUM SWING EXERCISE

THE PENDULUM SWING IS A GENTLE EXERCISE THAT IS OFTEN PRESCRIBED IN THE EARLY STAGES OF SHOULDER REHABILITATION BECAUSE IT IS PASSIVE, AND THEREFORE EASILY TOLERATED, BUT ALSO HAS MULTIPLE BENEFITS.

BENEFITS:

- Promotes blood flow to help healing
- Preserves range of motion
- Provides space in the joint for pain relief
- Maintains mobility and prevents stiffness

WHO WOULD BENEFIT FROM THE PENDULUM SWING EXERCISE?

- Rotator cuff injury or surgery
- Collarbone fractures
- Labral tear
- Decompression surgery
- Shoulder dislocation
- Frozen shoulder

PENDULUM SWING EXERCISE:

- 1 Place the hand of the unaffected shoulder on a table, or other elevated and supportive surface.
- 2 Stand with your feet shoulder width apart and bend forward at the hip.
- 3 Allow your affected arm to hang toward the floor.
- 4 It is extremely important not to engage your muscles and keep your affected arm loose and relaxed.
- 5 Shift your body weight from side to side, allowing the arm to swing from side to side.
- 6 Then, shift your body weight forward and backward, allowing the arm to swing forward and backward.
- 7 Lastly, shift your body weight in a circular



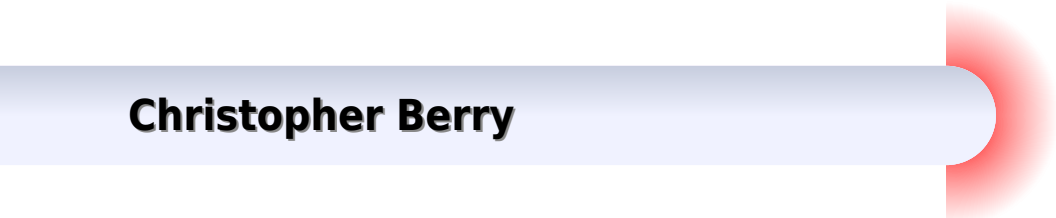
DURATION:

TIMES PER DAY:

NOTES:

The Pendulum Swings

Christopher Berry



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The Pendulum Swings Bob Buess,1974 The Pendulum Swings Elise Strother Tuckerman,1971 *The Pendulum Swings* Ethel Winifred Savi,1931 The Pendulum Swings Robert Buess,1974 The Pendulum Swings Jeff Massey,2015

The Pendulum Swings Henry Birks and Sons,19?? **As the Pendulum Swings** Lindsay A. Brady,2010 AS THE PENDULUM SWINGS is not only about hypnosis but also a story about how the author s life was transformed from one of fear low self esteem guilt and self doubt into one of confidence joy and peace of mind with self hypnosis It is entertaining enlightening and provocative It explains what you see during stage show hypnosis can be used to quickly and easily transform a person s disparaging behavior to beneficial behavior with clinical hypnosis It discloses how consciousness the human mind can intentionally instruct its brain to bring about healthy behavior peace of mind and a sense of well being that is independent from past experiences present conditions and uncertainty of the future It describes a unique method that the reader can use to effectively rid themselves of unwanted habits thoughts and self destructive behavior It investigates the phenomenon of past life regression did we really live them or did we not In the end the reader discovers the driving force behind the hypnotic process and gains an insight into why we human beings think behave believe and act as they do *The Pendulum Swings* Christopher Berry,2011-04-05 Jason Guibbette Stilton and Rebbby are four best friends who are about to have the biggest adventure of their lives A race of creatures called the Deep End Ents attack their village and steal all the Grandfather Clocks The four friends have to get the clocks back and save the kingdom from the creatures and an even more terrible villain who has returned from the darkness The Pendulum Swings is an exciting tale of monsters mysteries prophecies and most importantly the true meaning of friendship **The Pendulum Swings** ,2012 **As the Pendulum Swings** Clarence Eugene Colton,1970

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