

SHOULDER - 26 ROM: Pendulum (Circular)

Let right arm move in circle clockwise, then counterclockwise, by rocking body weight in circular pattern.

Circle 20 times each direction per set.
Do 1-2 sets per session.
Do 1-2 sessions per day.



SHOULDER - 25 ROM: Pendulum (Side-to-Side)

Let right arm swing freely from side to side by rocking body weight from side to side.

Repeat 20 times per set.
Do 1-2 sets per session.
Do 1-2 sessions per day.

