

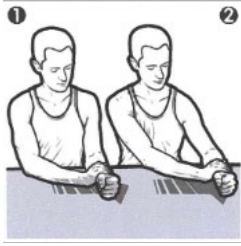
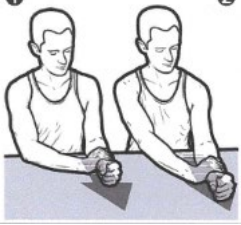
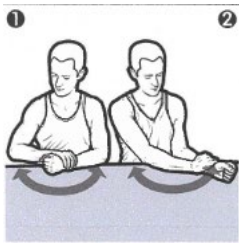




Passive Shoulder Exercises

	<p>Shoulder Pendulums: Front-Back While supporting yourself on a table, lean forward with your arm hanging down loosely until your shoulder reaches an angle of approximately 90°. Generating movement from your hips, gently swing your arm forward and backward.</p> <p>Sets & Reps: 2-3 x 1 min Frequency: 2-3 x day</p>
	<p>Shoulder Pendulums: Circular While supporting yourself on a table, lean forward with your arm hanging down loosely until your shoulder reaches an angle of approximately 90°. Generating movement from your hips, gently swing your arm in small clockwise and anti-clockwise circles.</p> <p>Sets & Reps: 2-3 x 1 min Frequency: 2-3 x day</p>
	<p>Passive Shoulder Abduction Sit with your forearm resting on a table with your shoulder relaxed [1]. Use your unaffected arm to slide your forearm out to the side as far as possible [2]. Slide your arm back and repeat</p> <p>Sets & Reps: 5-10 reps Frequency: 3 x day</p>
	<p>Passive Shoulder Flexion Sit with your forearm resting on a table with your shoulder relaxed [1]. Use your unaffected arm to slide your arms forwards as far as possible [2]. Slide your arm back and repeat.</p> <p>Sets & Reps: 5-10 reps Frequency: 3 x day</p>



Passive Shoulder Rotation

Sit with your forearm resting on a table with your shoulder relaxed. Use your unaffected arm and pivoting from the elbow, rotate your forearm along the table to the right [1] and left [2]. As far as possible. Repeat.

Sets & Reps: 5-10 reps
Frequency: 3 x day

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