Passive Shoulder Exercises

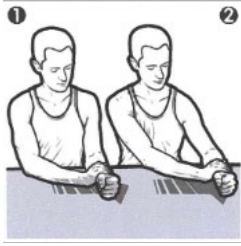|	
	Shoulder Pendulums: Front-Back While supporting yourself on a table, lean forward with your arm hanging down loosely until your shoulder reaches an angle of approximately 90˚. Generating movement from your hips, gentling swing your arm forward and backward. Sets & Reps: 2-3 x 1 min Frequency: 2-3 x day
	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, gentling swing your arm in small clockwise and anti-clockwise circles. Sets & Reps: 2-3 x 1 min Frequency: 2-3 x day
	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 Sets & Reps: 5-10 reps Frequency: 3 x day
	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. Sets & Reps: 5-10 reps Frequency: 3 x day
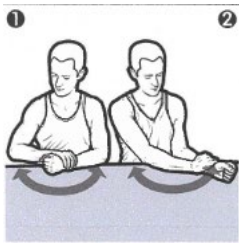
Passive Shoulder Rotation
Sit with your forearm resting on a table with your shoulder relaxed. Use your unaffected arm amd pivoting from the elbow, rotate your forearm along the table to the right [1] and left [2]. As far as possible. Repeat.

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