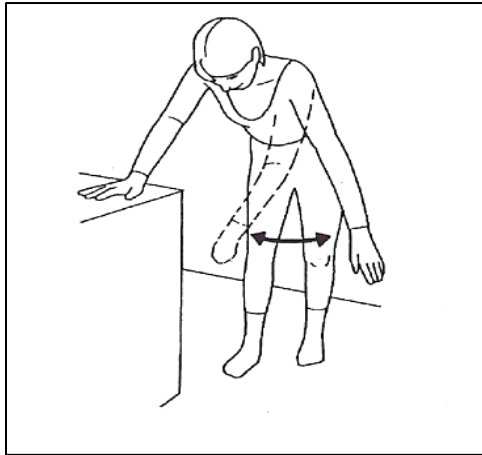
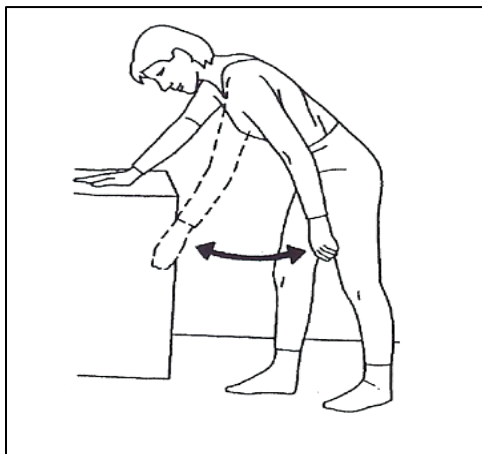


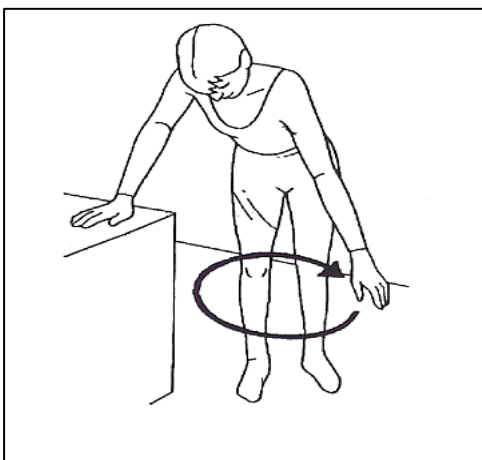
Shoulder Pendular Exercises



Lean over and let your arm hang and swing side to side, do 20 times and repeat 4 times per day



Lean over and let your arm hang and swing forwards and back, do 20 times and repeat 4 times per day



Lean over and let your arm hang and swing in a circle clock wise and then anti-clockwise, do 20 times and repeat 4 times per day