

Greater Baltimore Center for Rehabilitation Medicine Acute Care Physical & Occupational Therapy Codman's Shoulder



Shoulder 1 Pendulum Side-to-Side

Bend Forward 90° at waist using table for support. Rock body from side to side and let arm swing freely.

Repeat 10 times

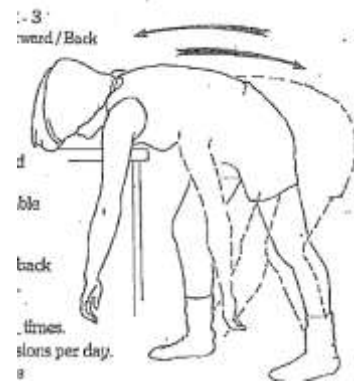
Do 3 Sessions per day



Shoulder 2 Pendulum Circular

Bend Forward 90° at waist using table for support. Rock body in a circular pattern to move arm clockwise 10 times then counterclockwise 10 times.

Do 3 sessions per day



Shoulder 3 Pendulum Forward/ Back

Bend Forward 90° at waist using table for support. Rock body forward and back to swing arm.

Repeat 10 times

Do 3 sessions per day

1. Squeeze ball or rolled sock, open/ close fingers often to reduce or prevent swelling.
2. Move wrist in circles and bend back and forth 10X3 session per day.
3. Bend/ straighten elbow 10X3 sessions per day.
4. Wear sling at all times unless exercising/performing self-care.
5. Allow elbow to remain at side, palm facing body when sling removed (unless performing exercises).
6. Place right/ left arm in clothing first, take out last.
7. Make sure hand is above elbow when in sling.
8. Larger button down shirts are easier than pullovers.
9. Lean sideways to allow space under arm for washing the putting on clothing.

Scan QR Code for a video demonstration of exercises and more

