



Bloomsbury Osteopathy

Shoulder Exercises

Shoulder Pendular Stretch Exercise

SHOM03

Function:

To increase range of movement at the shoulder by creating traction at the joint and stretching/gapping other local tissues and structures.

Method:

Starting Position:

Hold a weight in the hand of the affected side. Consult your osteopath for a suitable weight for your specific needs; it is possible that no weight is needed.

With the back flexed to roughly 90° place the unaffected arm on a chair or table for support.

Action:

Suspend the affect arm vertically with a fully extended elbow and the shoulder relaxed. Begin by swinging the arm back-and-forth or doing small circles but keeping the wrist in a neutral position.

Gradually increase the pendular movements or create larger circles within a relatively pain-free range allowing the momentum to create smooth and controlled movements. Create circles in both clockwise and anti-clockwise directions. Perform for 30 seconds, rest and repeat.

Notes:

As your rehabilitation progresses your osteopath may advise you to gradually increase the weight held in the hand. If you have a back problem ensure you support your body with your other hand holding onto a stable surface.

