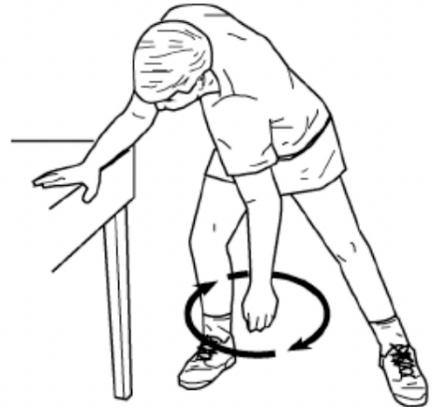


Circular

- Stabilize your body by holding onto a stable, flat surface with your other hand.
- Bend forward at the waist to allow the affected extremity to hang freely.
- Gently rock your torso in a circular motion to allow your arm to swing passively in a circular motion in the clockwise direction.
- Begin with small circles, and slowly advance to larger circles to allow more passive motion of the shoulder.
- Reverse direction to allow the shoulder to swing in counter-clockwise circles.



Straight

- Repeat above, but instead of circles, gently rock your torso to allow your arm to swing passively forward and backward.
- Change direction, gently rocking your torso to allow your arm to swing passively side to side.



Additional Information

- Perform these exercises 3x daily, for 5 minutes each session
- This is a passive, dangling exercise
- Avoid actively swinging the arm during this exercise
- The body should move, and the extremity should swing with your momentum

