

**PENDULUM CIRCLES - CODMAN**

Shift your body weight in circles to allow your injured arm to swing in circles freely. Your injured arm should be fully relaxed.

Video # VV8HY5VPJ

**Duration** 15 Seconds  
**Complete** 1 Set  
**Perform** 2 Times a Day

**PENDULUM FORWARD BACK - CODMAN**

Shift your body weight forward then back to allow your injured arm to swing forward and back freely. Your injured arm should be fully relaxed.

Video # VVSE7SQSH

**Duration** 15 Seconds  
**Complete** 1 Set  
**Perform** 2 Times a Day

**PENDULUM LATERAL - CODMAN**

Shift your body weight side to side to allow your injured arm to swing side to side freely. Your injured arm should be fully relaxed.

Video # VVE53J9CG

**Duration** 15 Seconds  
**Complete** 1 Set  
**Perform** 2 Times a Day



### SCAPULAR RETRACTIONS

Move your shoulder blades back and down.  
Hold, relax and repeat.

**Repeat** 10 Times  
**Hold** 3 Seconds  
**Complete** 2 Sets  
**Perform** 2 Times a Day



### ELBOW FLEXION EXTENSION

Start with your arm at your side. Bend at your elbow to raise your forearm/hand upwards as shown. Then return to starting position and repeat.

Video # VVCBQCW2G

**Repeat** 10 Times  
**Hold** 3 Seconds  
**Complete** 2 Sets  
**Perform** 2 Times a Day



### WRIST EXTENSION - AROM - THIGH

Rest your arm on your thigh and bend at your wrist up and down with your palm face down as shown. Return to original position and repeat.

Video # VV72SLAQU

**Repeat** 10 Times  
**Hold** 3 Seconds  
**Complete** 2 Sets  
**Perform** 2 Times a Day



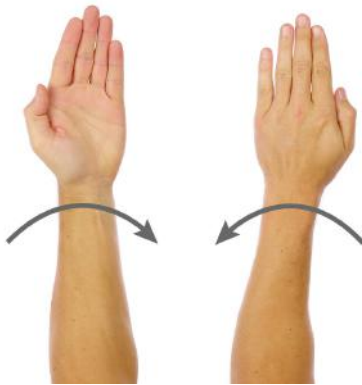
### WRIST RADIAL DEVIATION - AROM

Rest your arm on your thigh with your thumb in the upward position. Bend at your wrist up and down and repeat.

Video # VVNATBQWV

**Repeat** 10 Times  
**Hold** 3 Seconds  
**Complete** 2 Sets  
**Perform** 2 Times a Day

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### WRIST SUPINATION PRONATION - FULL

Rotate your hand and forearm so that the palm of your hand points downward and then rotate it to point upward. Repeat.

Keep your elbow bent and by the side of your body.

Video # VVJFZ39SJ

**Repeat** 10 Times  
**Hold** 3 Seconds  
**Complete** 2 Sets  
**Perform** 2 Times a Day

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### TOWEL GRIP

Place a rolled up towel in your hand and squeeze.

**Repeat** 10 Times  
**Hold** 3 Seconds  
**Complete** 2 Sets  
**Perform** 2 Times a Day



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