

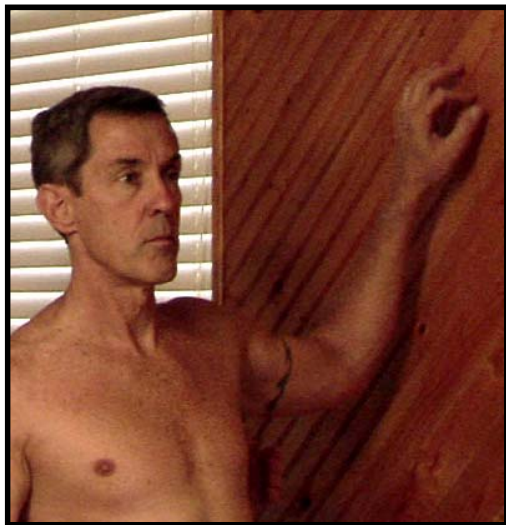
# Homecare



## Pendulum Exercises for Shoulder

Bend at the waist so your arm is dangling down. You may want to hold onto a table or chair for support. **Move your arm in circular motion** Reverse. Do this 5 times in each direction.

Note: This is indicated for clients with symptoms of bursitis.



## Wall Walk for Joint Capsule Adhesions

**Step 1:** Stand w/ shoulder 2 ft from wall.

**Step 2:** Raise arm to shoulder level & walk your fingers up the wall as high as you can

**Step 3:** Hold for a few seconds and walk down the wall

**Step 4:** Move closer to wall - Repeat 3X

**Step 5:** Build up each stretch for 30 seconds.

\*\*\*\*Sharp pain= STOP