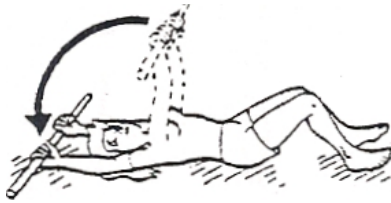


Pendulum:

Bend forward at hips, using uninvolved arm to support weight on table, chair, etc. Let involved arm hang straight down, relaxed.

Swing it:

- forward and back
- side to side
- circles both ways



Flexion:

Hold a cane or stick with hands shoulder width apart. Raise arms straight back over head, keep elbows straight.



External Rotation:

Bend elbow and keep it close to side. With opposite palm down, grasp stick, push arm down, keeping elbow bent and by side.