

Δρ. Χρήστος Κ. Γιαννακόπουλος

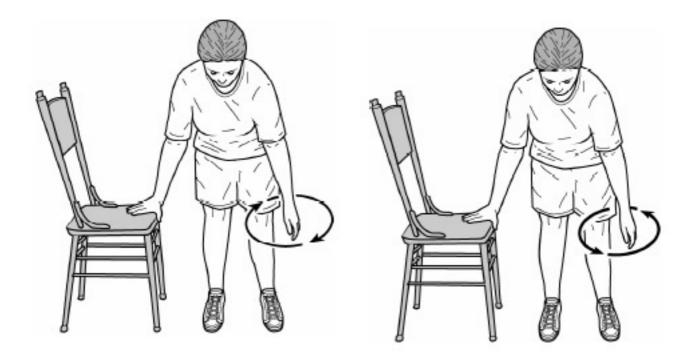
Ορθοπαιδικός Χειρουργός, Διδάκτωρ Πανεπιστημίου Αθηνών

Πύργος Αθηνών, Κτίριο Γ΄, 2^{ος} όροφος, Λεωφ. Μεσογείων 2–4, Αθήνα 115 27 **Τηλ.: 210 7712792** Κινητό: 697 20 999 11 **Ε-mail:** cky@orthosurgery.gr

PENDULUM SHOULDER EXERCISES

All exercises should be done 5 times daily, in 5 to 10 minute sessions.

_ Place your hand flat on a chair or table (chair shown) and bend over at your waist. Keep your arm straight and shoulder relaxed. Circle your entire arm clockwise then counter-clockwise.



_ Bend over at your waist. Keep the arm straight and shoulder relaxed. Move your arm from side to side.



_ Bend over at your waist. Keep the arm straight and shoulder relaxed. Move your arm back and forth.

