

Pendulum



1. Pendulum-This is a very simple exercise that is a good place to start to see if you can tolerate strength training of the rotator cuff. For this exercise you need light dumbbell or other object you can comfortably hold in your hand. Start by using a 2.5 lb dumbbell. With your free hand lean against a table, making sure you are just bending at your waist keeping your back and spine nice and straight. With the dumbbell begin making clockwise rotations, gradually making each rotation larger and larger. Stop between 10 and 15 rotations and start back from the beginning this time doing them counter-clockwise. You should do 3 sets of each direction. You should also do this on both sides.