



Sports & Orthopaedic Specialists

Pendulums / Codman Exercise

This handout provides appropriate guidelines for the pendulum/codman exercise. If you experience an moderate+ increase in your shoulder symptoms during or after doing this exercise, call your provider.

Main line: (952) 946-9777

Physical therapy: (952) 914-8631

Bend at the waist. Support upper body on table with unaffected hand or forearm.
Hang painful/operative arm like an 'elephant trunk' and complete pendulums:

1. *Front to back*
2. *Side to side*
3. *Clockwise circles*
4. *Counterclockwise circles*

Start with small pendulums about 8 inches in size.
Gradually work up to larger pendulums about 2-3 feet in diameter.

Complete 10-20 repetitions in each direction.
Do 3-5 sessions per day or as instructed by your provider.

