

CAPE COD SPORTS MEDICINE INC.

ORTHOPEDIC SURGEON

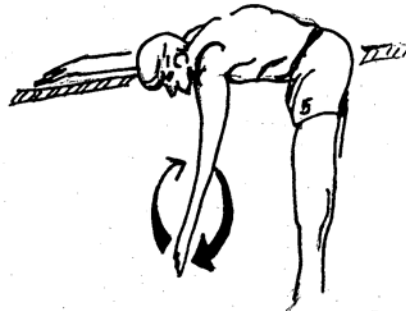
DONALD E. O'MALLEY, M.D.
KAREN A. TRAIT, PA-C

PO BOX 765
360 GIFFORD STREET
FALMOUTH, MA 02541
OFFICE: (508) 540-0200
FAX: (508) 540-0201

SHOULDER PENDULUM EXERCISES 10 minutes total, 3 times a day

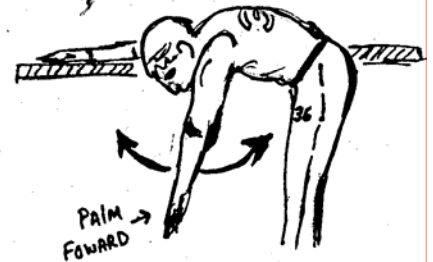
STIR THE POT

While bending over a table or chair, let your arm hang freely. Gently move your arm & shoulder in circular motions.



BOWLING

Still while bending over, face your palm forward like holding a bowling ball. Let your arm & shoulder gently swing front to back.



ROCK THE BABY

While standing up, interlock your fingers, and swing the shoulders side to side like rocking a baby.



SAW WOOD

Still with your fingers interlocked, move your arm and shoulder front to back, like sawing wood

