

## CAPE COD SPORTS MEDICINE INC.

ORTHOPEDIC SURGEON

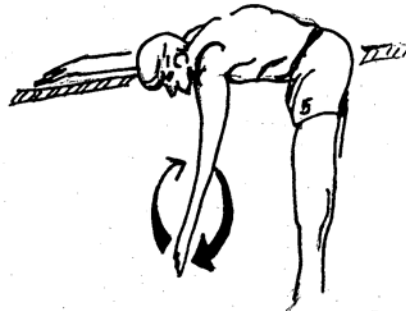
DONALD E. O'MALLEY, M.D.  
LISA A. MAYHEW, PA-C  
KAREN A. TRAIT, PA-C

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

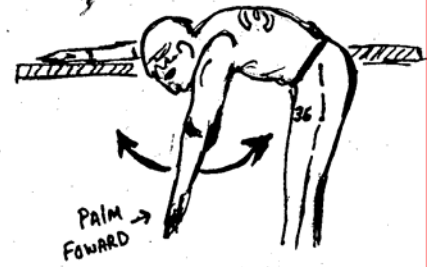
### STIR THE POT

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

