



# LAFAYETTE GENERAL MEDICAL CENTER

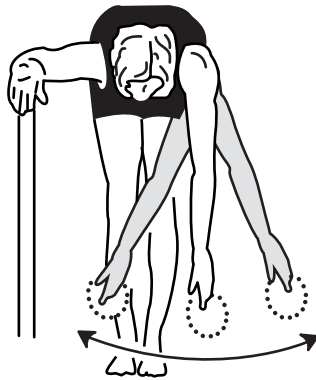
## Pendulum Exercises

### Standing Pendulum Exercises

Bend over at waist and steady yourself by grasping a firm object with free hand.



1. Swing arm gently forward and backward.



2. Swing arm gently from side to side.



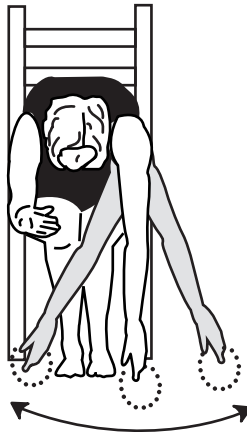
3. Swing arm in a wide clockwise circle, then in a counter-clockwise circle.

### Sitting Pendulum Exercises

Sit in a steady, straight-backed chair and bend over at waist.



1. Swing arm gently forward and backward.



2. Swing arm gently from side to side.



3. Swing arm in a wide clockwise circle, then in a counter-clockwise circle.

