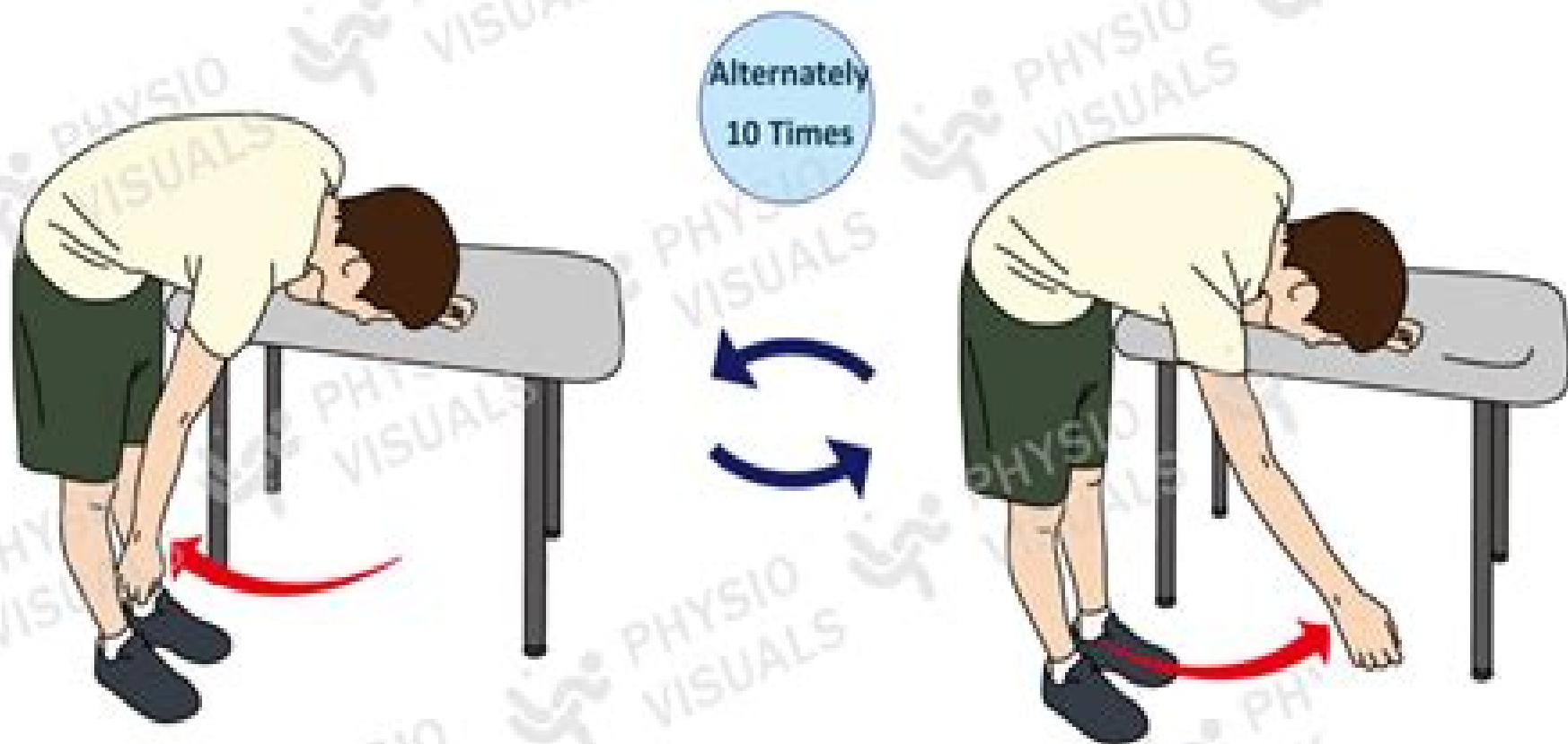


Shoulder joint pendulum movement



Put your hand on the stand, relax the painful arm and let it hang down.

Swing slowly back and forward while hanging down.

Upper Extremity Pendulum Hep

Puja Mehta



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