

### 3 Circumduction whilst weight bearing

exercises to be carried out only under the instruction of your chiropractor



- A** Hold a weight of no more than 6kgs, in the affected shoulder's hand.



- B** Flex forward from your waist at 90°, supporting yourself on a surface with your good arm.



- C** Let the weight slowly rotate clockwise, keeping your affected shoulder as relaxed as possible. Rotate for 1 minute increasing and reducing the size of the rotation.



- D** Repeat this action anticlockwise.

*Repeat 10-15 times, 2 times a day.*