



ARROYO GRANDE
HEALTH
&
WELLNESS
CHIROPRACTIC, ACUPUNCTURE,
MASSAGE & MORE

Dr. Troy Smith
530 Traffic Way Arroyo Grande, CA 93420
T: 805.489.8592 F: 805.489.9509
www.arroyograndehealthandwellness.com
aghealthandwellness@gmail.com

CODMAN'S ARM SWINGS

For these exercises, find a counter or bench to lean slightly over. Allow your shoulder to fully relax. Using your body, and not your shoulder muscles, make the weight in your hand circle clockwise in small circles. Do as long as possible and as much as possible. Careful not to use your shoulder muscles and not to cause pain in your back. Try to reverse the circles to go counter-clockwise for the same amount of time.

Start with 2 pounds, and slowly increase the weight once you are confident that you are not using your shoulder muscles, and there is no pain.

