

1. Codman's Exercise

Codman's Exercise requires you to bend forward, 90° at waist, using table for support and move the arm of the affected shoulder clockwise and anticlockwise in a small circular motion, progressively increasing the radius of the circle with each rotation. While moving the affected arm one should consider that the movement should be smooth, continuous and rhythmical. Repeat 3 sets of 15 circulations in both a clockwise and anticlockwise direction. To be repeated 3 times a day.

