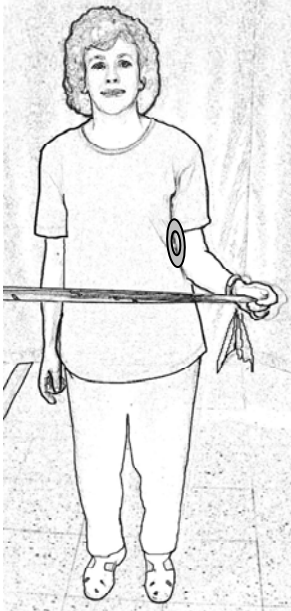
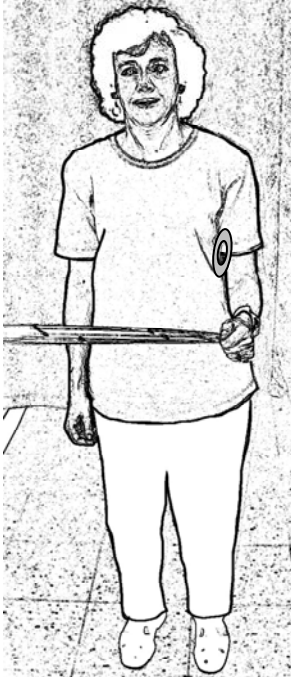


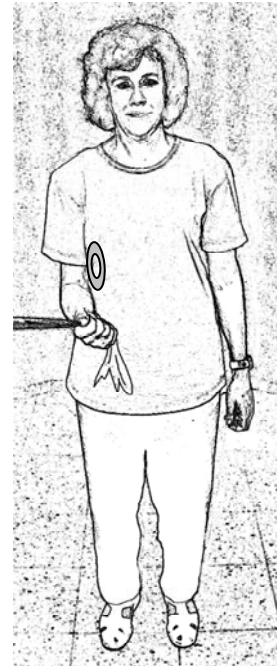
Rotator Cuff Shoulder Strengthening

Starting Position

External Rotation



Internal Rotation



- Stomach tight with “ribs in”
- Back straight with shoulders square
- Shoulder blades pinched down and back
- Chin in, head high
- Knees slightly bent and lined up over:
- Feet straight ahead
- Hold small towel roll between arm and ribs if needed to keep upper arm close to body

Action

Pull band away from body

Pull band in front of body

ALWAYS
KEEP ELBOWS CLOSE TO SIDE

Keep body in starting position while arm moves

Repeat times days/wk

NEVER Bend or twist body

NEVER Move elbow away from side

NEVER Turn feet out or knees in