

ROTATOR CUFF

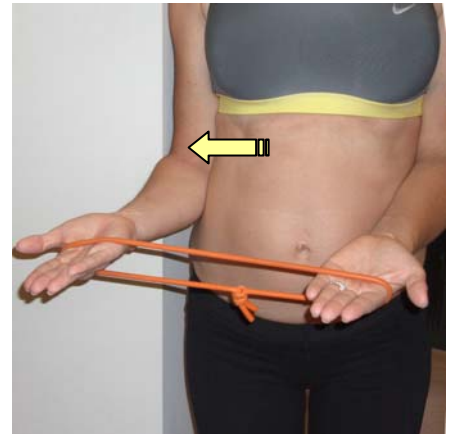
strengthening

The modifications



Palm Up/Palm down External Rotation:
 Now perform the external rotation exercises with your palms facing upwards. Hold for 5-10 seconds until you feel a burn, relax. Remember, these exercises are meant to be held until the muscle fatigues.

Scapular Setting: Now perform the same exercises as described above. Before you externally rotate, push backwards into a chair rest or wall to fire your scapular muscles. You can also stand with the side of your arm against the wall and push outwards.



Internal rotation without a door handle:
 The internal rotation exercises can be performed without a door handle by double looping the band. By using the other arm as the "door", one can perform the same exercise.

