

1



### CROSS ARM STRETCH

Grasp your elbow and gently pull it across the front of your body until you feel a gentle stretch in the back of your shoulder.

Keep it very COMFORTABLE!

Repeat 3 Times  
 Hold 20 Seconds  
 Perform 3 Time(s) a Day

2



### WAND EXTERNAL ROTATION - SUPINE

Lying on your back and holding a wand (broom, mop, golf club, etc), palm face up the injured side and palm face down on the uninjured, push the wand to the side and let your injured shoulder roll outward.

Repeat 10 Times  
 Hold 10 Seconds  
 Perform 3 Time(s) a Day

Keep the elbow on the injured side tucked in close to your body and at a 90 degree angle.

Can do external rotation stretch like this OR as demonstrated in exercise #3

3



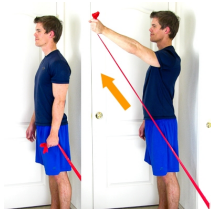
### WALL EXTERNAL ROTATION STRETCH

Place your affected hand on the wall with the elbow bent and gently turn your body the opposite direction until a stretch is felt.

Again, maintain your elbow close to your side at a 90 degree bend.

Repeat 3 Times  
 Hold 20 Seconds  
 Perform 3 Time(s) a Day

4



### ELASTIC BAND FLEXION

While holding an elastic band at your side, draw up your arm up in front of you keeping your elbow straight.

Can also be performed with cable machine in the gym.

Repeat 10 Times  
 Complete 3 Sets  
 Perform 1 Time(s) a Day

5



### ELASTIC BAND INTERNAL ROTATION

While holding an elastic band at your side with your elbow bent, start with your hand away from your stomach, then pull the band towards your stomach. Keep your elbow near your side the entire time and bent to 90 degree angle.

Can also be performed with cable machine in the gym.

Repeat 10 Times  
 Complete 3 Sets  
 Perform 1 Time(s) a Day

6



### ELASTIC BAND EXTENSION

While holding an elastic band in front of you with your elbows straight, pull the band down and back towards your side.

Can also be performed with cable machine in the gym.

Repeat 10 Times  
 Complete 3 Sets  
 Perform 1 Time(s) a Day

7



### ELASTIC BAND EXTERNAL ROTATION

While holding an elastic band at your side with your elbow bent, start with your hand near your stomach and then pull the band away. Keep your elbow at your side the entire time and bent to a 90 degree angle.

Can also be performed with cable machine in the gym.

This exercise can be performed like this with band/cables or as demonstrated in exercise #8 if this equipment is not available.

Repeat 10 Times  
 Complete 3 Sets  
 Perform 1 Time(s) a Day

8



## FREE WEIGHT - EXTERNAL ROTATION

Lie on your side and hold a weight with your elbow bent and rested on your side. Next, draw up the your arm from the ground towards the ceiling.

Repeat 10 Times  
Complete 3 Sets  
Perform 1 Time(s) a Day