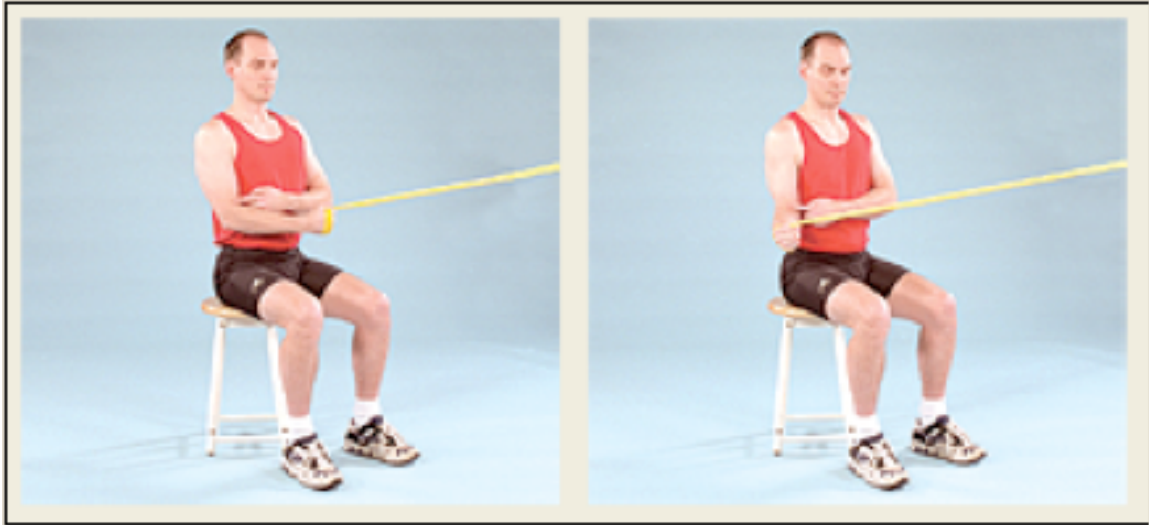
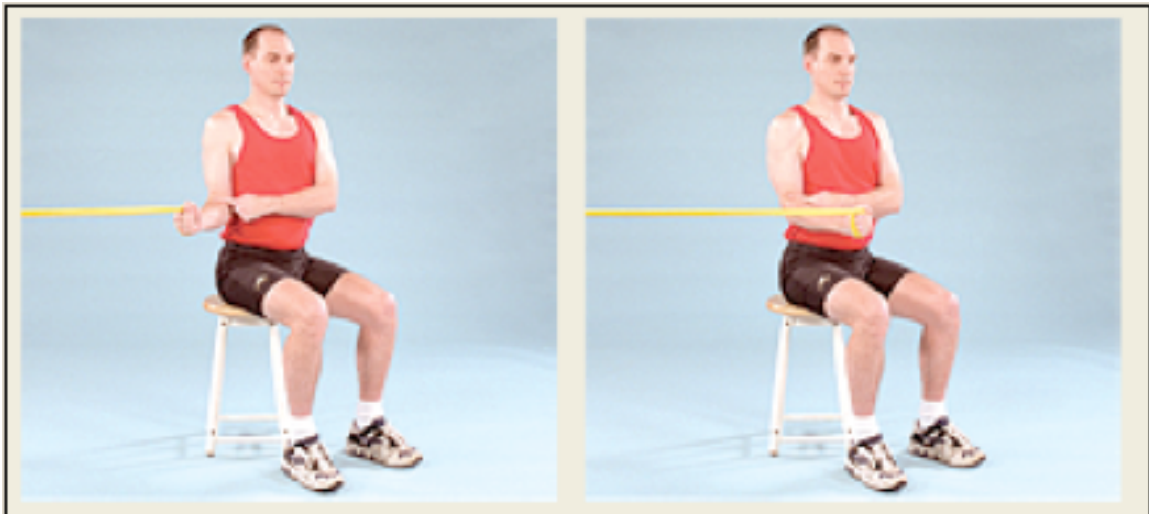


Internal and External Rotation of the Shoulder



External rotation you will start with your elbow tucked against your side, arm straight in front of you and your elbow bent to 90 degrees with the band or cable machine anchored across your body. You will slowly externally rotate your shoulder, keeping the elbow tucked against you, until your forearm is pointing about 45 degrees out to the side. Then slowly return back to neutral. It is important to stay in control the entire time.



Internal rotation is similar to the external but instead of having the band anchored across your body, you will have it out to the side of you. Start in the same place but this time rotate your arm in front of your abdomen to about 60 degrees.

Again, for these exercises, make sure you do both arms. You will be doing 3 sets of 10 for each internal and external rotation and try to do these every other day.