



FREE WEIGHT - EXTERNAL ROTATION - ER

Lie on your side and hold a weight with your elbow bent and rested on your side. Place a small rolled up towel between your upper arm and body. Next, move your forearm and hand from the ground towards the ceiling as shown. Lower back down and repeat.

Start with no weight then add one pound every 4 weeks up to 3 pounds.

Video # VV7BBEJEW

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



PRONE EXTENSION

Lying face down with your elbows straight, slowly raise your arms upward while keeping your elbows straight.

Start with no weight then add one pound every 4 weeks up to 3 pounds.

Video # VVJ2AW9CX

Repeat 1 Time
Hold 1 Second
Complete 1 Set
Perform 1 Times a Day



PRONE T - PALM DOWN

Lie face down with your elbow straight and arm dangling down towards the floor. Then, slowly raise your arm keeping your elbow straight the entire time as shown.

Your palm should be directed downward as your arm raises.

Start with no weight then add one pound every 4 weeks up to 3 pounds.

Video # VVX9DJ7H6

Repeat 1 Time
Hold 1 Second
Complete 1 Set
Perform 1 Times a Day

PRONE Y - FLEXION



Lying face down, slowly raise up your arms forward and overhead with elbows straight.

Start with no weight then add one pound every 4 weeks up to 3 pounds.

Video # VVYLZ5JFY

Repeat	1 Time
Hold	1 Second
Complete	1 Set
Perform	1 Times a Day