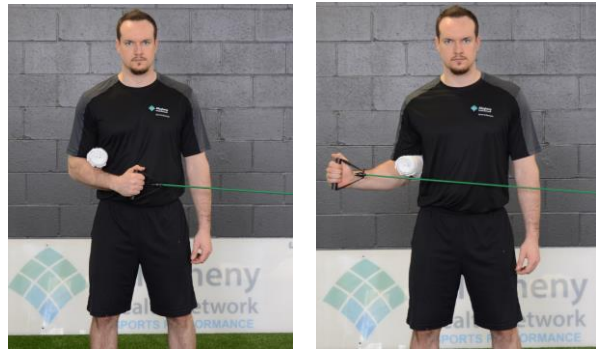




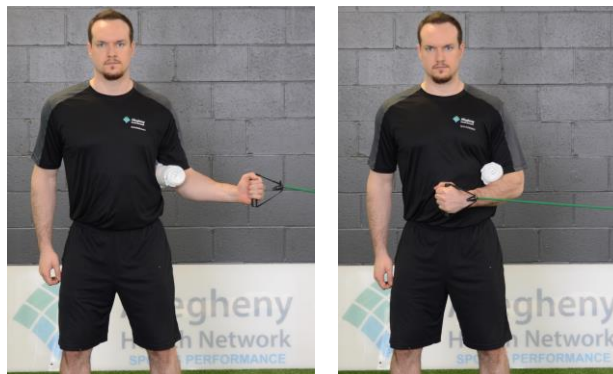
**Sports Performance  
Physical Therapy**

1013 Wexford Plaza Dr. Wexford PA 15090 (724-934-2440)  
3001 Cool Springs Dr. Pittsburgh PA 15234 (412-437-3001)

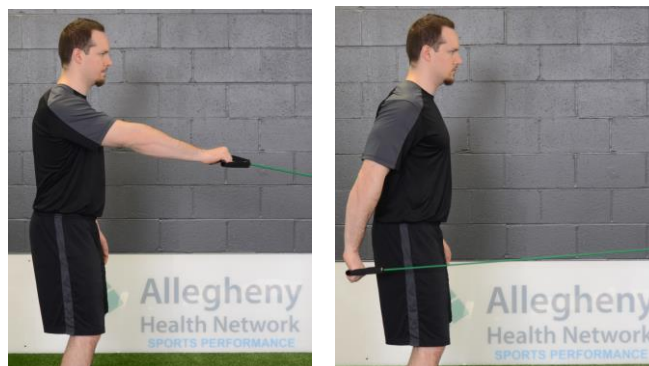
## **Rotator Cuff (RTC) Tubing Series**



**1. External Rotation**



**2. Internal Rotation**



**3. Extension**



**3. Adduction**



**4. Abduction**



**5. 90/90 External Rotation**

**Complete 1-2 sets of 10-12 reps for each exercise**