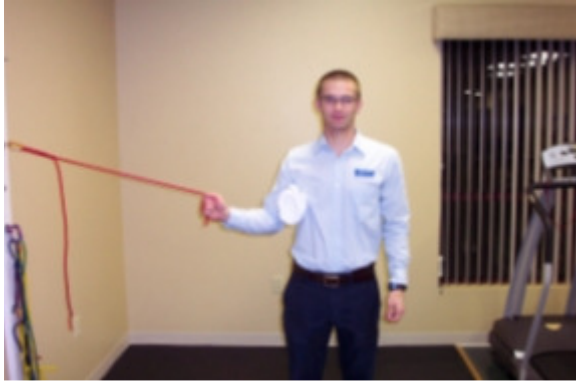
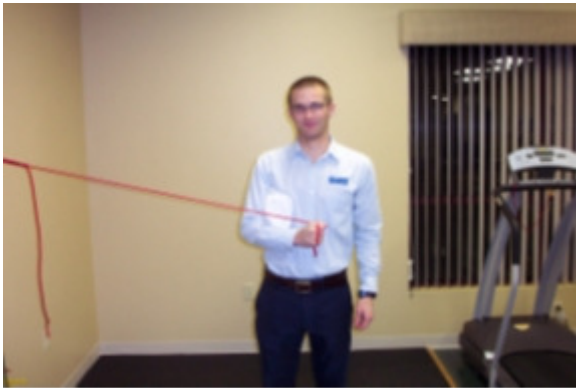


Shoulder Internal Rotation with arm at side



Start with arm at your side with 6" towel roll under arm and elbow bent to 90 degrees.



Pull arm in toward your stomach making sure to keep elbow bent to 90 degrees. Return to starting position and repeat 10-15 times.

Shoulder External Rotation with arm at side



Start with arm at your belly button with 6" towel roll under arm and elbow bent to 90 degrees.



Take arm out away from your stomach making sure to keep elbow bent to 90 degrees. Return to starting position and repeat 10-15 times.