

Shoulder Internal Rotation with arm away from side



Start with arm out away from your side as shown with elbow bent to 90 degrees.

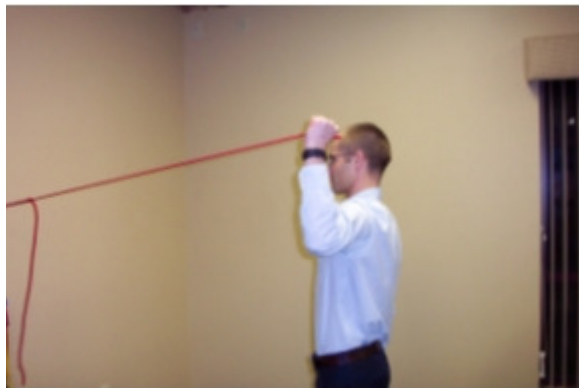


Pull arm downward without dropping shoulder while keeping elbow bent to 90 degrees. Return to starting position and repeat 10-15 times.

Shoulder External Rotation with arm away from side



Start with arm out away from your side as shown with elbow bent to 90 degrees.



Pull arm upward without dropping shoulder while keeping elbow bent to 90 degrees. Return to starting position and repeat 10-15 times.