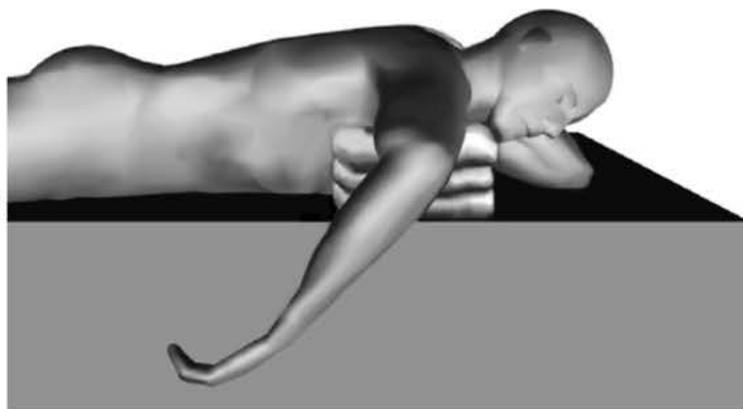


A



B



C

Shoulder Rotation — Face-Lying Position (Figures A-C)

Purpose: • To improve the performance of the shoulder rotator muscles

Starting position: Face down on a table or bed with the upper arm at shoulder level and resting on towels. Elbow is bent and forearm is hanging over the edge of the table (see Figure A).

Perform variation if box is checked

Lateral Rotation (see Figure B)

Method: Turn hand up toward your head
Imagine that you are rotating your forearm about an axle running through your upper arm
Do not let your shoulder blade move
Do not lift your arm off the towels
Hold the position at the end of the range for 5 to 10 seconds

Hold a _____ pound weight in your hand

Medial Rotation (see Figure C)

Method: Turn your hand down toward your hip
Imagine that you are rotating your forearm about an axle that runs through your upper arm
Do not lift your upper arm off the towels
Hold position at the end of the range for 5 to 10 seconds

Hold a _____ pound weight in your hand

End-Range Medial Rotation

Starting position: Face down on table lying on two pillows with upper arm at shoulder level supported by towels. Elbow is bent with forearm rotated toward hip and hand resting on the table.

Method: Keep your upper arm still while straightening your elbow just enough so that your hand is no longer resting on the table
Hold position for 5 to 10 seconds
If you have difficulty holding your hand in this position, return it to the table
If you can control your forearm and hand, let your forearm rotate toward the floor and then rotate it back toward your hip
Do not lift your upper arm off the towels

Repetitions: _____