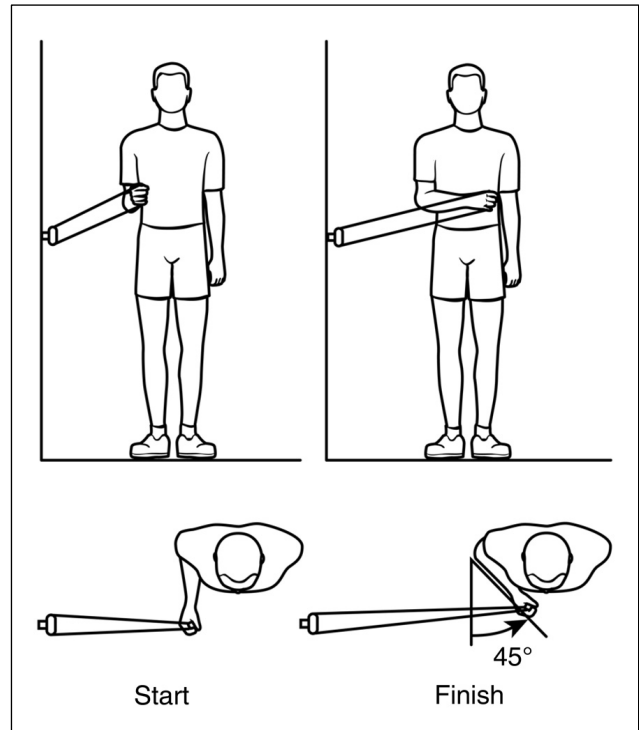


Rotator Cuff Strengthening Exercises

Internal Rotation

- Make a 3-foot-long loop with the elastic band and tie the ends together. Attach the loop to a doorknob or other stable object.
- Standing with your side to the wall, hold the loop as shown in the start position.
- Keeping your elbow close to your side, rotate the arm across your body slowly and then slowly return to the start position.
- Repeat on the other side.
- Perform 3 sets of 10 repetitions approximately 5 days per week.



External Rotation

- Make a 3-foot-long loop with the elastic band and tie the ends together. Attach the loop to a doorknob or other stable object.
- Standing with your side to the wall, hold the loop, as shown in the start position.
- Keeping your elbow close to your side, rotate the arm outward slowly and then slowly return to the start position.
- Repeat on the other side.
- Perform 3 sets of 10 repetitions approximately 5 days per week.

