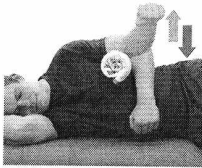


1



**SIDELYING EXTERNAL ROTATION WITH TOWEL - ER**

Lie on your side with your elbow bent to 90 degrees. Place a rolled up towel between your arm and the side your body as shown.

Squeeze your shoulder blade back and down toward your buttocks and hold that position.

Next, roll your arm upwards from your stomach area towards the ceiling while maintaining your arm against the towel and with your shoulder blade held down and back the entire time. Lower your arm and repeat.

Repeat 10 Times  
Hold 1 Second  
Complete 3 Sets  
Perform 1 Time(s) a Day

3



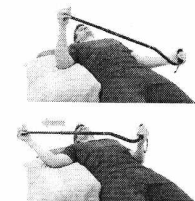
**SIDELYING INTERNAL ROTATION - IR**

Lie on your side with your shoulder flexed to 90 degrees and elbow bent and rested on the table/bed. Your forearm should be pointing up towards the ceiling. Next, allow your forearm to lower toward the table as shown. Return to original position.

Place a rolled up towel under your elbow if advised by your clinician.

Repeat 10 Times  
Hold 1 Second  
Complete 3 Sets  
Perform 1 Time(s) a Day

2



**CANE EXTERNAL ROTATION STRETCH - PILLOW**

Lie on your back with a pillow under your affect shoulder. Hold a cane or wand with both hands.

On the affected side, maintain a 90 degree bend at the elbow with your arm approximately 30-45 degrees away from your side.

Use your other arm to push the cane to rotate the affected arm into a stretch. Hold and then return to starting position and then repeat.

Repeat 10 Times  
Hold 3 Seconds  
Complete 3 Sets  
Perform 1 Time(s) a Day

4



**Shoulder Isometric Internal Rotation Ball Squeeze**

**Shoulder Isometric Internal Rotation Ball Squeeze**

Sitting in a chair, With arm at your side.

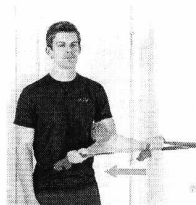
Bend your elbows to 90 degrees.

Squeeze ball (or pillow) and hold for the duration noted below.

Repeat this exercise as noted below.

Repeat 20 Times  
Hold 5 Seconds  
Complete 1 Set  
Perform 1 Time(s) a Day

5

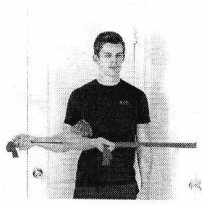


**ELASTIC BAND SHOULDER INTERNAL ROTATION - IR**

While holding an elastic band at your side with your elbow bent, start with your hand away from your stomach, then pull the band towards your stomach. Keep your elbow near your side the entire time.

Repeat 10 Times  
Hold 3 Seconds  
Complete 3 Sets  
Perform 1 Time(s) a Day

6



### ELASTIC BAND SHOULDER EXTERNAL ROTATION - ER

While holding an elastic band at your side with your elbow bent, start with your hand near your stomach and then pull the band away. Keep your elbow at your side the entire time.

Repeat 10 Times  
Hold 1 Second  
Complete 3 Sets  
Perform 1 Time(s) a Day