

Purpose:

To strengthen the shoulder rotators and train independent motion between the shoulder blade and the arm

Starting position:

Kneel next to a weight bench; if at home, lie on your stomach adjacent to the edge of your bed. Place two or more rolled towels under your shoulder joint. Position your arm out to the side with the elbow bent to 90 degrees. Keep as much of your shoulder supported on the bench or bed as possible. Your arm should hang from your elbow down, not from your shoulder. Properly positioned, your elbow should be slightly lower than your shoulder and the "ball" of the "ball-and-socket" joint should be well supported with towel rolls.

Movement technique:

Lateral rotation
(target muscles: *infraspinatus, teres minor*)

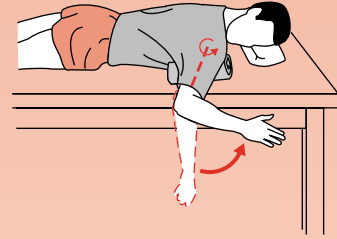
- You may perform this exercise just by rotating your arm or with weight. If you are to perform this with weight, see the amount of weight you have been prescribed under *dosage*.
- Slowly rotate your shoulder so that your forearm moves up toward your head. Stop just short of horizontal.
- Concentrate on letting your arm move independent from your scapula. Your shoulder should "spin" in the socket. There should be no movement of your scapula.
- An alternate activity is to place your forearm on the table in the start position, slowly move your wrist off the supporting surface and hold your wrist and forearm isometrically for 5 to 10 seconds. Return your hand back to the supporting surface. Repeat for the designated number of repetitions.

Dosage

Weight _____

Sets/repetitions _____

Frequency _____



Lateral rotation
Medial rotation
(target muscle: *subscapularis*)

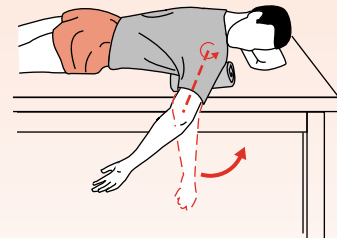
- You may perform this exercise by rotating your arm with or without added weight. If you perform this with weight, see the amount of weight you have been prescribed under *dosage*.
- Slowly rotate your shoulder in the opposite direction so that your forearm moves backward.
- Do not let your shoulder displace into the towel roll. Think of keeping your shoulder "pulled away" from the towel roll, or the "ball" in the "socket."
- Your range of motion is more limited in medial rotation than lateral rotation (possibly only 10 to 20 degrees). Remember, it is *quality not quantity* that is important.

Dosage

Weight _____

Sets/repetitions _____

Frequency _____



Medial rotation