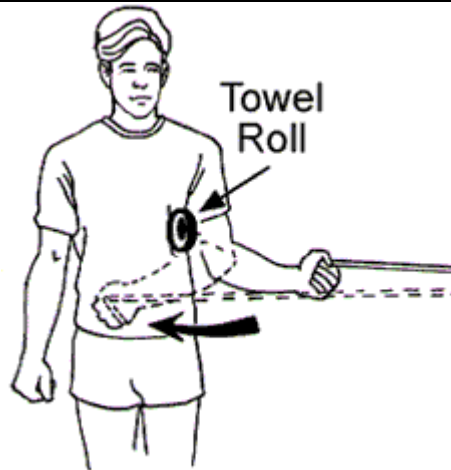
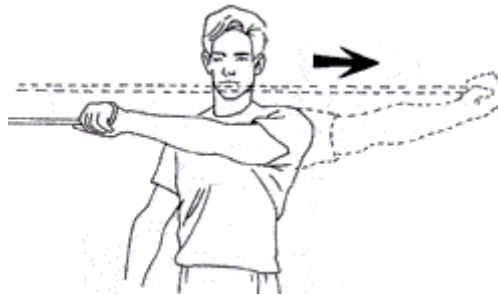


Rotator Cuff Strengthening with Resistive Bands



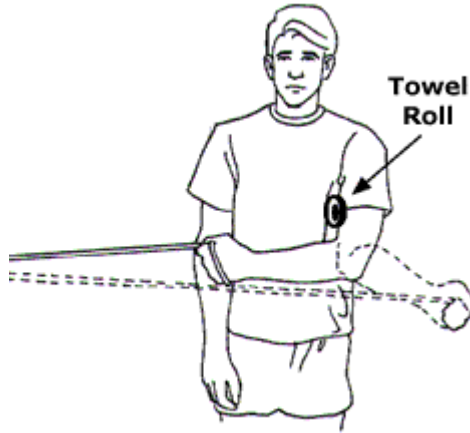
START BY PLACING A TOWEL ROLL UNDER THE INVOLVED ARM. **KEEP YOUR ELBOW AT YOUR SIDE AT ALL TIMES.** ROTATE THE HAND AND FOREARM INWARD TOWARD YOUR STOMACH. NOTE THAT YOU SHOULD KEEP YOUR ELBOW AT A 90° ANGLE.

Repeat:	10 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	orange/purple
Sessions:	2 /day		



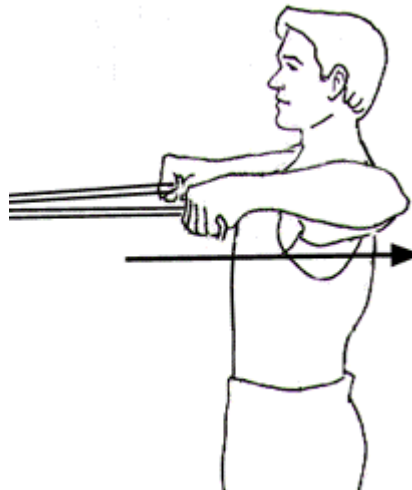
START WITH THE ARM ACROSS THE CHEST AND THE ELBOW STRAIGHT. MOVE THE ARM OUTWARD ACROSS THE BODY AS FAR AS YOU CAN.

Repeat:	10 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	orange/purple
Sessions:	2 /day		



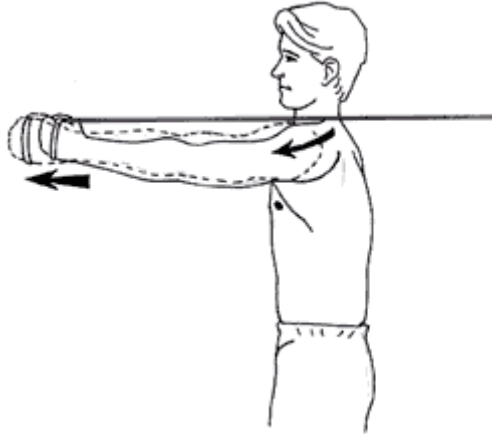
START BY PLACING A TOWEL ROLL UNDER THE INVOLVED ARM. **KEEP YOUR ELBOW AT YOUR SIDE AT ALL TIMES.** ROTATE THE HAND AND FOREARM OUTWARD TOWARD AWAY FROM YOUR STOMACH. NOTE THAT YOU SHOULD KEEP YOUR ELBOW AT A 90° ANGLE.

Repeat:	10 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	orange/purple
Sessions:	2 /day		



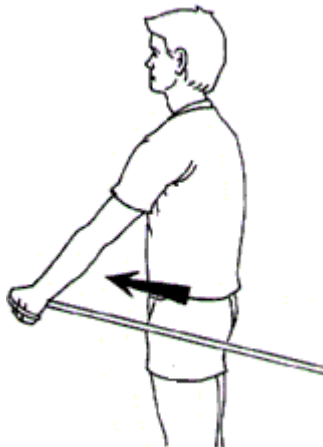
SECURE THE BAND AND GRAB THE ENDS. PULL THE ARMS BACK IN A SAWING MOTION AS ILLUSTRATED.

Repeat:	10 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	orange/purple
Sessions:	2 /day		



SECURE THE BAND AND GRAB THE OTHER END. PUSH THE ARM FORWARD AS ILLUSTRATED. BE SURE TO MAINTAIN A STRAIGHT ARM [AND ELBOW] THROUGHOUT THE EXERCISE.

Repeat:	10 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	orange/purple
Sessions:	2 /day		



SECURE THE BAND BEHIND YOU OR STEP ON IT. GRAB THE OTHER END AND RAISE IT OUT IN FRONT AS ILLUSTRATED.

Repeat:	10 times	Sets:	3
Hold Time:	5 secs	Resistance/Time:	Medium Resistance Band
Sessions:	2 /day		