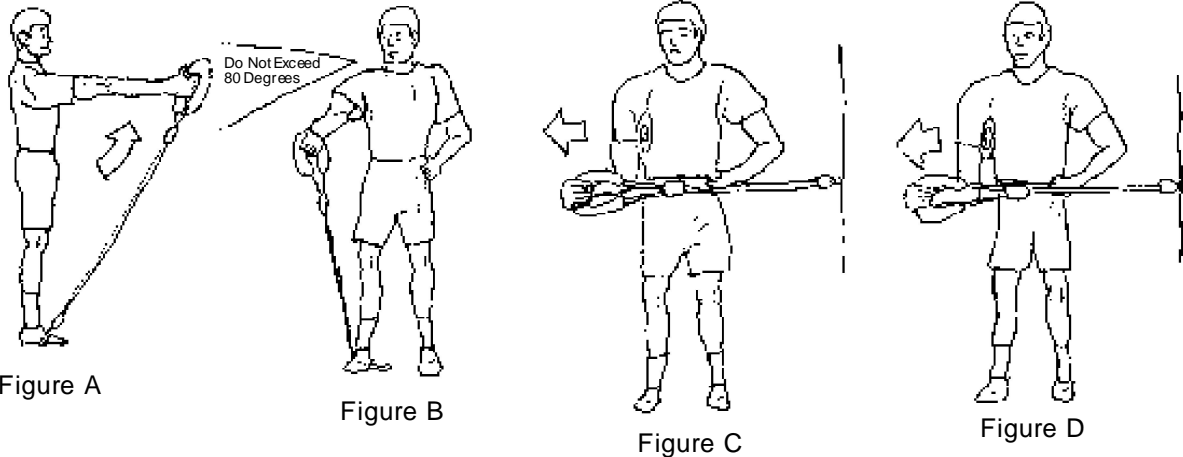


# Rotator Cuff Strengthening



For this exercise you will need about 3 feet of Theraband rubber exercise tubing. Your sports specialist, coach or trainer should be able to provide this for you. Tie a knot in one end of the tubing. Place the knotted end of the tubing in a door jamb and close the door (see illustration 2). Now grab the free end of the tubing in your right hand. With your right arm hanging down to your side and your elbow bent at 90 degrees take up the slack in the tubing, stretching it a bit. Now bring your hand and forearm slowly across your body, toward your stomach. Now slowly return your hand to the original position. This should be done in a cadence like one thousand one -- pull across your body, one thousand two -- return to the original position. This exercise should also be performed in the reverse (see illustration 2). Repeat on your left arm.

Perform \_\_\_\_\_ repetitions for \_\_\_\_\_ sets

Daily

Twice Daily

3 times per week

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