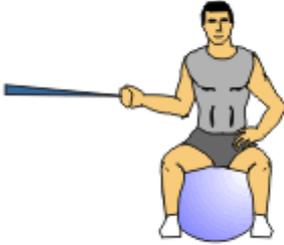


Rotator Cuff

Internal Rotation with band



Exercise Description:

Internal Rotation with band

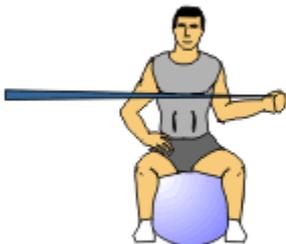
Classification:

Rotator Cuff

Instructions:

1. Sit on a ball or bench and pin your elbow at your side.
2. Rotate your hand out away from the body and grab your band.
3. Rotate your hand back in holding the band and keeping your elbow pinned at your side.
4. Repeat for the desired repetitions and make sure that your elbow does not move during the movement.

External Rotation with band



Exercise Description:

External Rotation with band

Classification:

Rotator Cuff

Instructions:

1. Sit on a ball or bench and pin your elbow at your side.
2. Rotate your hand out in towards the center of your body and grab your band.
3. Rotate your hand back out holding the band and keeping your elbow pinned at your side.

4. Repeat for the desired repetitions and make sure that your elbow does not move during the movement.

Seated External Rotation with Band



Exercise Description:

Seated External Rotation with Band

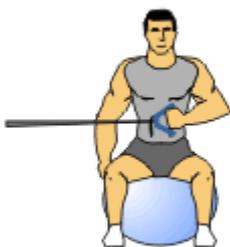
Classification:

Rotator Cuff

Instructions:

1. Start by sitting on a bench and hold the band with your outside hand. The band should be secured level with your hand.
2. Keeping your elbow tucked at your side rotate the band out and away from your body.
3. Make sure your elbow does not leave your side.

Seated External Rotation with Band



Exercise Description:

Seated External Rotation with Band

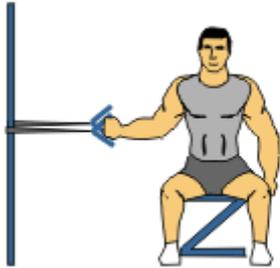
Classification:

Rotator Cuff

Instructions:

1. Start by sitting on a ball and hold the band with your outside hand. The band should be secured level with your hand.
2. Keeping your elbow tucked at your side rotate the band out and away from your body.
3. Make sure your elbow does not leave your side.

Seated Internal Rotation with Band



Exercise Description:

Seated Internal Rotation with Band

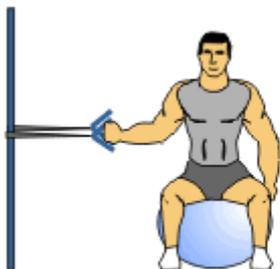
Classification:

Rotator Cuff

Instructions:

1. Start by sitting on a bench and hold the band with your inside hand. The band should be secured level with your hand.
2. Keeping your elbow tucked at your side rotate the band in and towards your body.
3. Make sure your elbow does not leave your side.

Seated Internal Rotation with Band on Ball



Exercise Description:

Seated Internal Rotation with Band on Ball

Classification:

Rotator Cuff

Instructions:

1. Start by sitting on a resistance ball and hold the band with your inside hand. The band should be secured level with your hand.
2. Keeping your elbow tucked at your side rotate the band in and towards your body.
3. Make sure your elbow does not leave your side.

