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| 1. **EXTERNAL ROTATION AT 0 DEGREES ABDUCTION**Standing with involved elbow fixed at side, elbow at 90 degrees and involved arm across front of body. Grip tubing handle while the other end of tubing is fixed. Pull out with arm, keeping elbow at side. Return tubing slowly and controlled. Perform \_2\_ sets of \_15\_ repetitions \_1\_ times daily

**Shoulder / Rotator Cuff Exercises** |  |
| 1. **INTERNAL ROTATION AT 0 DEGREES ABDUCTION**Standing with elbow at side fixed at 90 degrees and shoulder rotated out, Grip tubing handle while other end of tubing is fixed. Pull arm across body keeping elbow at side. Return tubing slowly and controlled. Perform \_2\_\_ sets of \_15\_ repetitions \_1\_ times daily
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| 1. **SIDELYING EXTERNAL ROTATION**

Lying on uninvolved side, keep involved elbow fixed at side, elbow at 90˚ and involved arm across front of body. Pull out with arm while keeping elbow at side. Return weight slowly and controlled. Perform 2 sets of 12 repetitions 1 time daily. |  |
| 1. **SHOULDER ABDUCTION AT 90 DEGREES**

Stand with arm at side, elbow straight, and palm against side. Raise arm to side, palm down, until arm reaches 90 degrees ( shoulder level). Hold 2 seconds and lower slowly. Perform \_2\_ sets of \_12\_ repetitions \_1\_ times daily |  |
| 1. **ROWS**

Athlete may sit or stand. Hold tubing in each hand with arms extended. Arms may be neutral at your side or abducted to 90 degrees as seen in the picture. Slowly pull back while bending elbows and squeezing shoulder blades together. Perform 2 sets of 15 repetitions 1 time daily. |  |
| 1. **PRONE HORIZONTAL ABDUCTION (Neutral)**

Lie on table, face down, with involved arm hanging straight to the floor, and palm facing down. Raise arm out to the side, parallel to the floor. Squeeze shoulder blades together. Hold 2 seconds and lower slowly. Perform \_2\_ sets of \_12\_ repetitions \_1\_ times daily |  |
| 1. **SHOULDER EXTENSION**

Stand with tubing in involved hand so that the tension pulls arm slightly forward. Slowly pull back, keeping arm straight. Squeeze shoulder blades together as you pull back. Perform 2 sets of 12 repetitions 1 time daily. |  |
| **SLEEPER STRETCH**2 SETS OF 30 SECONDS |  |
| **PEC STRETCH**2 SETS OF 30 SECONDS |  |
| **TENNIS BALL MASSAGE**Place tennis ball in a “tight” area, lie on ball and try to relax completely for 20-30 seconds. Move to other areas as needed.  |  |