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ELASTIC BAND SHOULDER EXTERNAL ROTATION - ER

While holding an elastic band at your side with your elbow bent, start with your hand near your stomach and then pull the band away. Keep your elbow at your side the entire time.

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day
Video # VVFXGN8KJ

NOTE: The towel will help keep your elbow in proper position

2



ELASTIC BAND SHOULDER INTERNAL ROTATION - IR

While holding an elastic band at your side with your elbow bent, start with your hand away from your stomach, then pull the band towards your stomach. Keep your elbow near your side the entire time.

Repeat 10 Times
Hold 0 Seconds
Complete 3 Sets
Perform 1 Times a Day
Video # VVLPTLVFQ

3



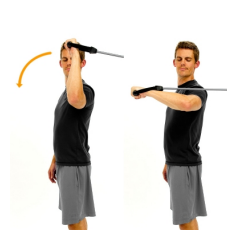
ELASTIC BAND EXTERNAL ROTATION WITH ABDUCTION - ER 90 90

Start by holding an elastic band or sports cord with your arm up at 90 degrees away from your side and elbow bent to 90 degrees. Your forearm should be directed forward in the beginning position as shown. Next, roll your shoulder back so that your forearm is directed upward.

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day
Video # VVH5MSGVB

Maintain your shoulder blade in a retracted and downward position the entire time.

4



ELASTIC BAND INTERNAL ROTATION WITH ABDUCTION - IR 90 90

Start by holding an elastic band or sports cord with your arm up at 90 degrees away from your side and elbow bent to 90 degrees. Your forearm should be directed upward in the beginning position as shown. Next, roll your shoulder forward so that your forearm become horizontal to the floor. Return to original position and repeat.

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day
Video # VVDKG6AAF

5



ELASTIC BAND DIAGONAL FLEX - ABD

While holding an elastic band across the lower half of your body, pull the band upwards and outwards your your opposite side. Your hand should start in the thumb-back position and end in the thumb-up position.

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day
Video # VVBWAUS79

6



ELASTIC BAND SHOULDER DIAGONAL - FLEXION ABDUCTION - SELF FIX

Start by holding an elastic band down by your side to fixate it with your uninvolved arm. Next, using the involved arm, draw the other end of the band upwards and towards the opposite side as shown.

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day
Video # VV7BGW6RU