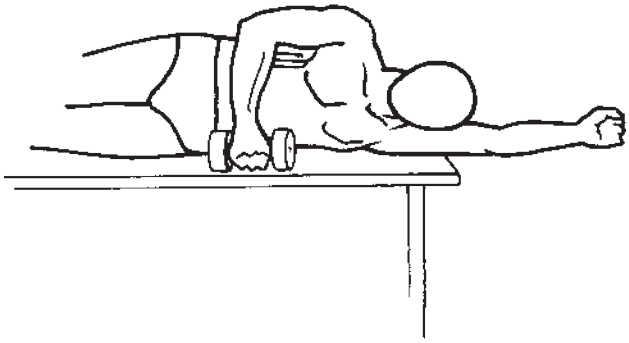
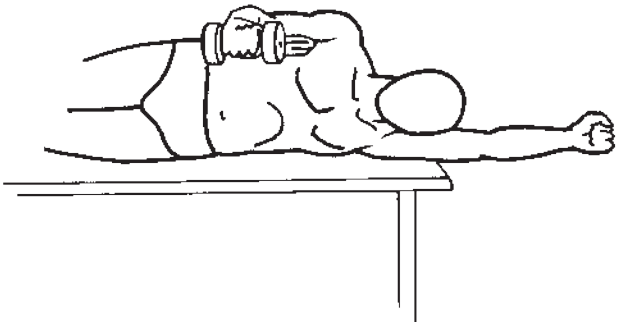
Shoulder: External Rotation with Dumbbell – Side-Lying

- Lie on uninvolved side with the elbow on involved arm bent to 90º.
- Place a small towel roll under elbow on involved side.
- Pull shoulder blade down and in toward your spine.
- Lift involved hand up toward ceiling, stopping at the point where forearm is parallel to the floor. Make sure to keep the elbow bent at 90º as you lift the hand.
- Lower slowly and repeat.

Begin _____sets _____reps _____times/day

Progress to _____sets _____reps _____times/day





The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.