

MARIN PHYSICAL THERAPY

Rotator Cuff / Scapula Exercises

_____ Repetitions, _____ Sets



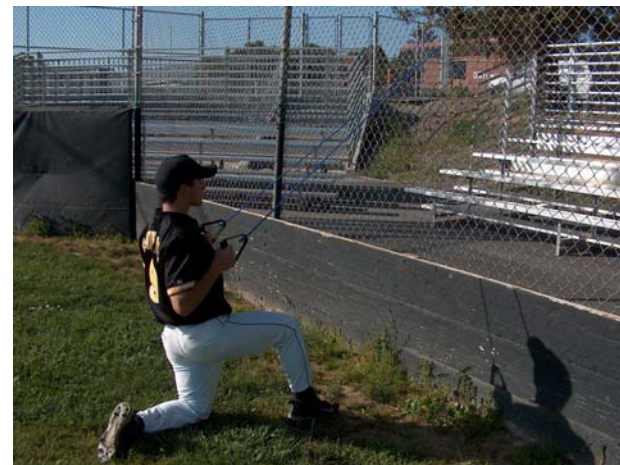
1. Empty cans.



2. External rotation in abduction.



3. Bow and arrow.



4. Pull down rows.