

MARIN PHYSICAL THERAPY

Rotator Cuff Strengthening



1a) Internal rotation
(start)

Shoulders back.
Elbow against side.
Elbow at 90 degrees.
Don't allow elbow to
"slide."

____ Sets

____ Repetitions



1b) Internal rotation
(finish)



2a) External rotation
(start)

Shoulders back.
Elbow against side.
Elbow at 90 degrees.
Don't allow elbow to
"slide."

____ Sets

____ Repetitions



2b) External rotation
(finish)