



External Rotation Seated in 90/90

This is an exercise for strengthening the external rotators in 90⁰ of abduction for patients that do not initially have enough strength to actively maintain 90⁰ of abduction. A foam roll, pillow or rolled up towel may be placed under the arm to put the arm into 90⁰ of abduction. The patient then properly sets the shoulder blades by pinching them together and tries to externally rotate their shoulder. Hold contraction for 2-3 seconds and slowly return back to starting position. Strengthening exercises are recommended to be performed every other day to avoid excessive soreness. Perform 10 reps once a day.

