

## Functional Internal Rotation Stretching



### Internal Rotation behind the back (IRB):

- Place both arm behind your back, grasping the stick as shown. Try to get both hands as close to each other as possible. Using your non-involved arm, push the stick away from your body as you can tolerate. Hold the stretch for 30 seconds and perform 5 reps once day. When the hand of your involved shoulder can touch the opposite hand you may progress to the towel or belt stretch.
- Once you are able to perform the previous exercise, you may use a towel, belt, or pulley to lift the involved arm up the mid-line of your back to a tolerable position. Hold the stretch for 30 seconds and repeat 5 times once a day.