

## Internal and External Rotation Resistive Band Strengthening



Start by tying the rubber band that your healthcare provider supplied you with to a sturdy object. Begin the exercise by "setting your scapulae" or pinching them together. Now put yourself into position to pull the rubber band toward your abdomen, paying attention that your elbow does not move away from your side and you do not round your shoulder forward. The next exercise is in the opposite direction away from your abdomen. Initiate this movement again by setting your scapulae avoiding excessive movements from rotating your trunk, extending your wrist and/or your elbow as seen in picture 2. These exercises are used to strengthen the anterior and posterior portions of the rotator cuff.