

## Rotator Cuff

### External Rotation



- Sit or stand with a pillow under the arm you wish to work, grasping a resistance tube that is secured about mid chest height across your body
- Bend your arm to 90 degrees and keep your thumb up throughout the motion
- Pull your shoulder blades together and keep them there throughout
- Without moving your upper arm away from your body, pull your forearm away from your body
- Return slowly to the start position; repeat

### Internal rotation



- Assume the same position as for the external rotation exercise, but secure the resistance band on the other side of your body
- Pull your forearm across your body, keeping your upper arm against the pillow
- Return slowly to the start position; and repeat
- To get the most out of your workout, try to find a weight/resistance level that allows you to do 1-3 sets of 8-12 repetitions

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#### Disclaimer:

**Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.**

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