

YOUR DVD CODE: 247 - 538 - 557 - 903 - 199**1: 247 - Side-Lying External Rotation with Resistance**

- Lie on side with head supported by pillow or hand
- Bend top elbow, place a towel under elbow, and hold weight in hand
- Keep elbow bent and against side of body while raising hand toward ceiling

Sets: 2 Reps: 10 Sessions: 2 Everyday Resistance: As Tolerated Hold Time: 2s Side: both

2: 538 - Side-Lying Internal Rotation with Resistance

- Lie on side with head supported by pillow
- Bend bottom elbow and hold weight in hand
- Keep elbow bent and on the floor while bringing hand toward body

Sets: 2 Reps: 10 Sessions: 2 Everyday Resistance: As Tolerated Hold Time: 2s Side: both

3: 557 - Prone Row

- Lie on stomach with trunk supported by towel
- Place arms out to side with elbows bent and a weight in each hand
- Lift elbows toward ceiling and squeeze shoulder blades together

Sets: 2 Reps: 10 Sessions: 2 Everyday Resistance: As Tolerated Hold Time: 2s Side: both

4: 903 - Standing Supraspinatus Strengthening

- Stand with anchored band or weight in one hand
- Point thumb toward floor
- Slowly raise arm at 45 degree angle from body straight up toward ceiling

Sets: 2 Reps: 10 Sessions: 2 Everyday Resistance: As Tolerated Hold Time: 2s Side: both

5: 199 - Posture: Double Arm Rows

- Stand with correct posture and belly button pulled in
- Hold band with one end in each hand
- Slowly pull band toward chest and squeeze shoulder blades together

Sets: 2 Reps: 10 Sessions: 2 Everyday Resistance: As Tolerated Hold Time: 2s Side: both