



Rotator Cuff

Target: shoulder complex

STARTING POSITION: Place a rolled towel or pad between your upper arm and side (standing or seated).

1. Bend your elbow 90 degrees with your thumb up.
2. Rotate your arm externally while maintaining your upper arm position against the pad. Stop and hold momentarily when you feel a slight tension and return to the starting position. Repeat as comfortable.

Variation: Perform the same sequence with your palm facing the floor.

