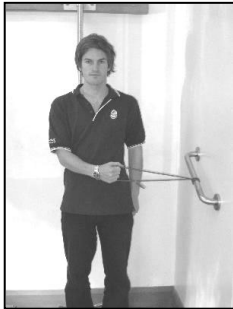




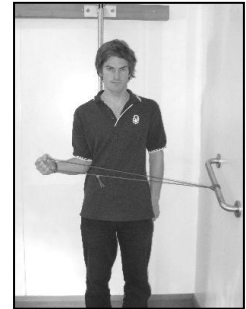
Rotator Cuff Strengthening Programme

1. Outward Rotation



Keeping your elbow by your side, activate the shoulder blade down and back. Pull hand away from stomach, rotating the arm away from the body.

Repeat 3 x 10

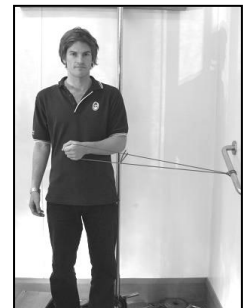


2. Inward Rotation



Keeping your elbow by your side, activate the shoulder blade down and back. Pull hand across your stomach, rotating the arm towards the body

Repeat 3 x 10



3. Pull Back



Starting with your arm in front of you activate shoulder blade down and back. Pull your hand towards you. Keep your elbow close to your side.

Repeat 3 x 10

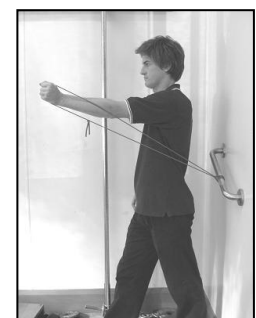


4. Punch Out



Push forwards as if punching the air in front of you slowly.

Repeat 3 x 10



Always ensure that your piece of bungy is securely fastened to an immovable object