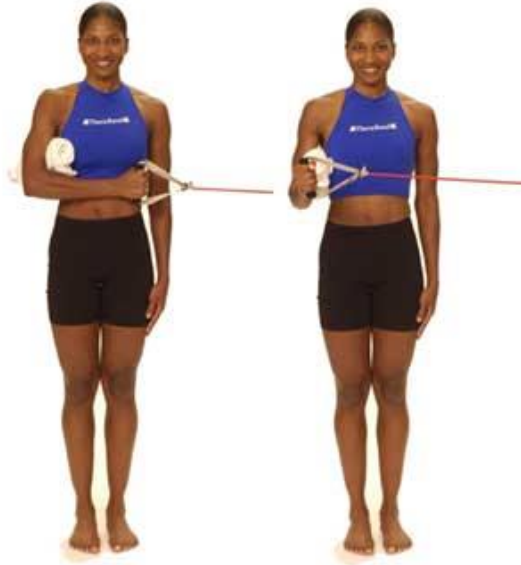


External Shoulder Rotation



Description: Stand beside a cable pulley at elbow height. Grasp the handle with the arm further from the pulley. Hold elbow tight against your side with the forearm in front of your belly. Pull the cable away from the body by externally rotating the shoulder. Return to the starting position and repeat.

Sets/Reps: 3 sets of 10-15 repetitions per side.

Common Mistakes: Allowing elbow to pull away from the side or completing only part of the full range of movement.

Target Muscles: Infraspinatus, Teres Minor, Posterior Deltoid.

Modifications: Replace the cable pulley with a resistance band anchored at elbow height.

****Tip:** You can use a towel under the arm to help with stabilization, though this is not necessary.

If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.

