

Shoulder External Rotation, Isometric (Strength)



1. Stand with your body against a wall.
2. Bend your arm closest to the wall at 90° in front of your body.
3. While keeping your elbow tight to your side throughout the exercise, push the back of your hand into the wall by externally rotating (pushing out) your shoulder.
4. Hold for 5 seconds. Then relax.
5. Repeat 10 times.
6. Switch sides and repeat if instructed.
7. Repeat this exercise 3 times a day, or as instructed.

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