

Shoulder

1 External rotation using Thera-band

exercises to be carried out only under the instruction of your chiropractor

For this exercise, tie the Thera-band to a stable object (e.g. the bannister) at shoulder height.



- A** Holding the Thera-band, stand facing away from the bannister. Raise your elbow at 90° to your body, fingers pointing to the ceiling and palm facing forward.



- B** Step forward with one leg so the Thera-band rotates your shoulder backwards. Hold stretch for 8 seconds.



- C** Rotate your hand forward pulling the band tight. NB—It is important you retain your elbow at 90° to your body when stepping forward and pulling the band tight.



Repeat 10 times, 3 times a day.

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BACK CLINIC
CHIROPRACTOR