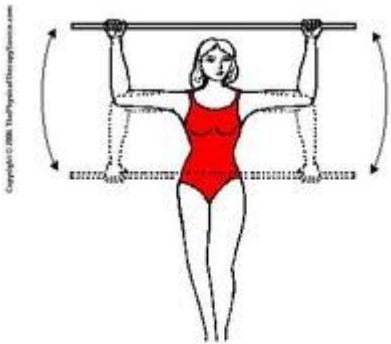
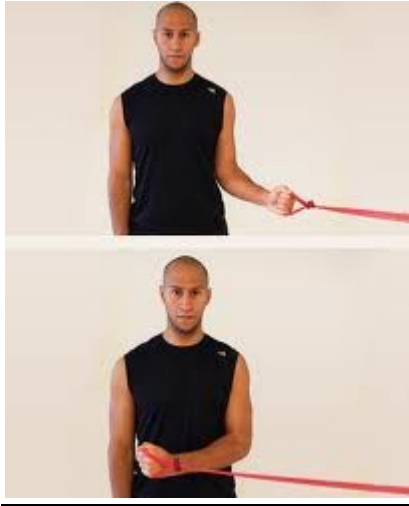


ROTATOR CUFF STABILIZATION EXERCISES



Stand holding a cane above your head with your elbows bent at shoulder level and out to the side. While keeping your shoulders and elbows in the same straight line, rotate your shoulders down to bring the cane down in front of you. Repeat.



- Perform each exercise 10 times for 3 sets, do not increase resistance until mastery of all 3 sets. Perform stretch after each exercise.

