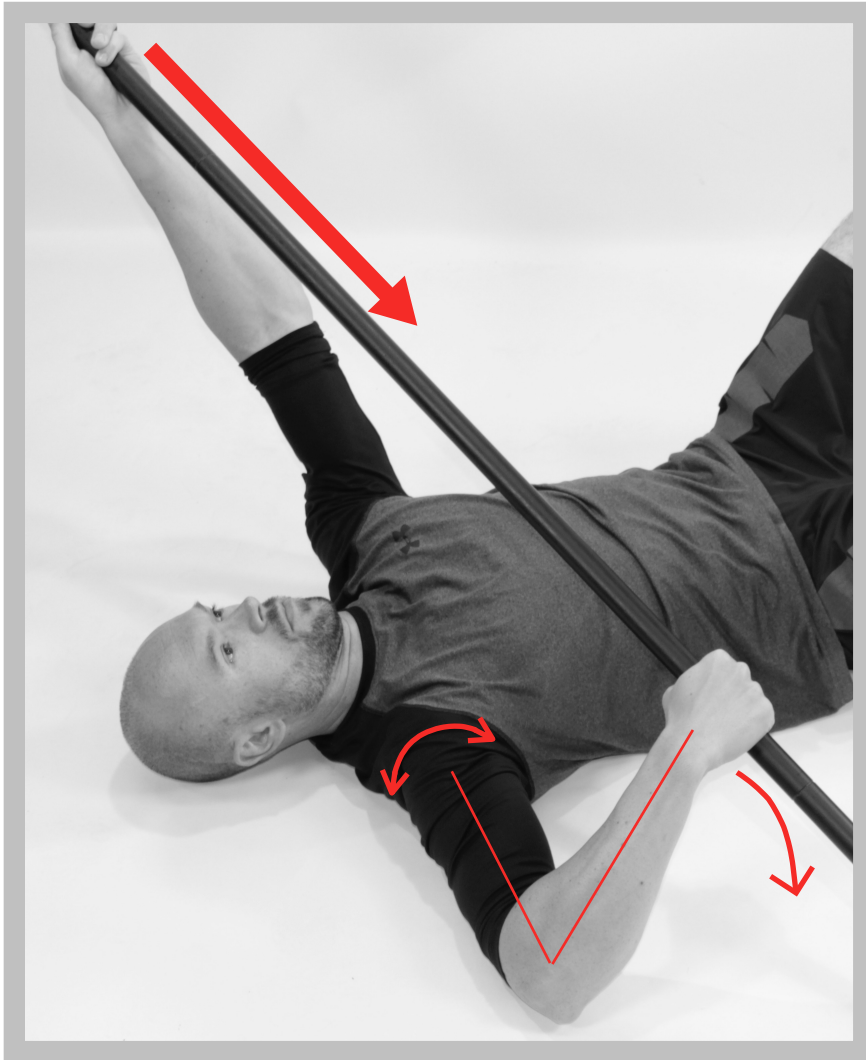


SHOULDER EXTERNAL ROTATORS



Hold Stretch: 30 seconds

Repeat: 4 - 6 times

Frequency: daily / ____x/wk

INSTRUCTIONS

Laying on your back, grasp a long handle (broomstick, hockey stick, golf club) with the non-stretching hand at the top and the stretching arm at the bottom. Palms should be facing inward towards each other with both thumbs pointing the same direction, up the stick. Rest the elbow of the stretching arm on the ground directly lateral from your shoulder. Gently use the top hand to apply downward pressure to move the lower hand towards the floor maintaining the 90 degree positioning of the shoulder and elbow. The stretch should be mainly felt around the front side of the shoulder.



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