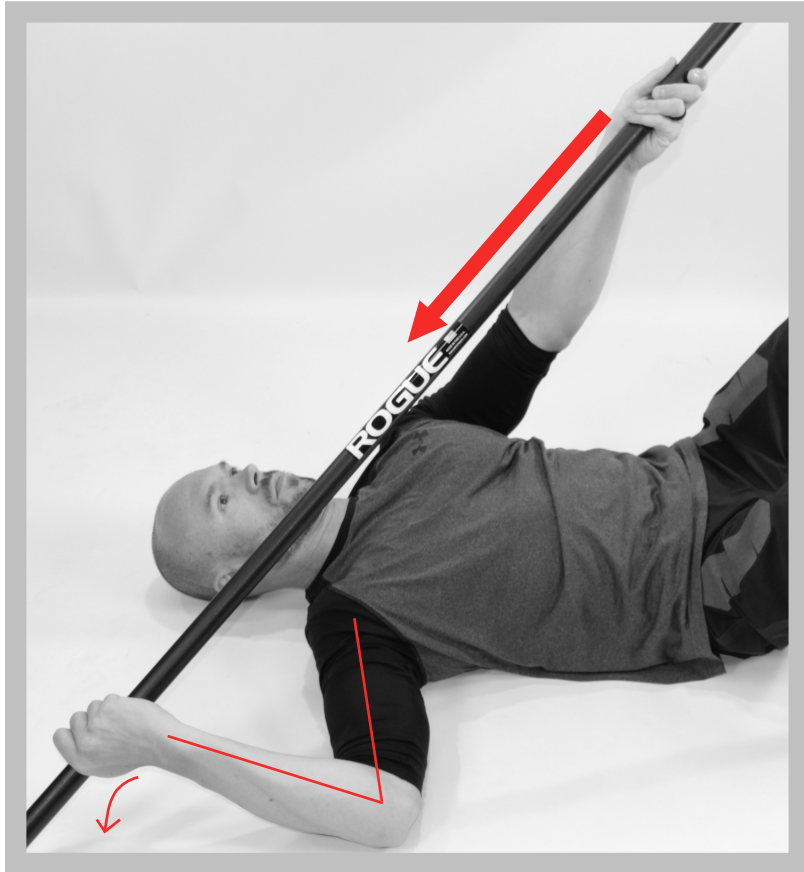


# SHOULDER INTERNAL ROTATORS



## INSTRUCTIONS

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

Hold Stretch: 30 seconds

Repeat: 4 - 6 times

Frequency: daily / \_\_\_\_x/wk



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