

## 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.*