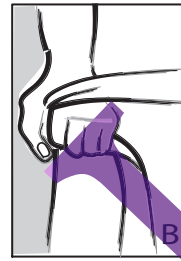




Performing  
Arts  
Physical  
Therapy

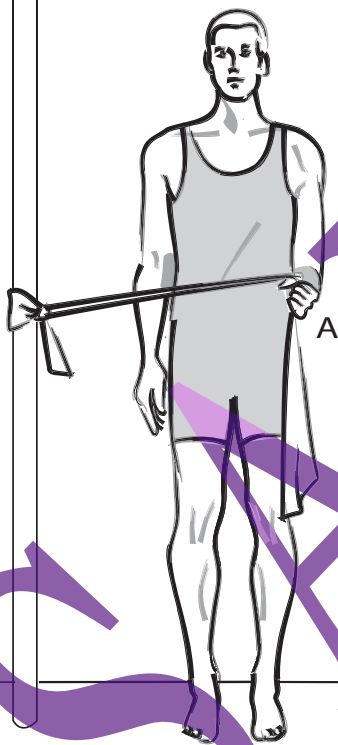
## External Shoulder Rotation



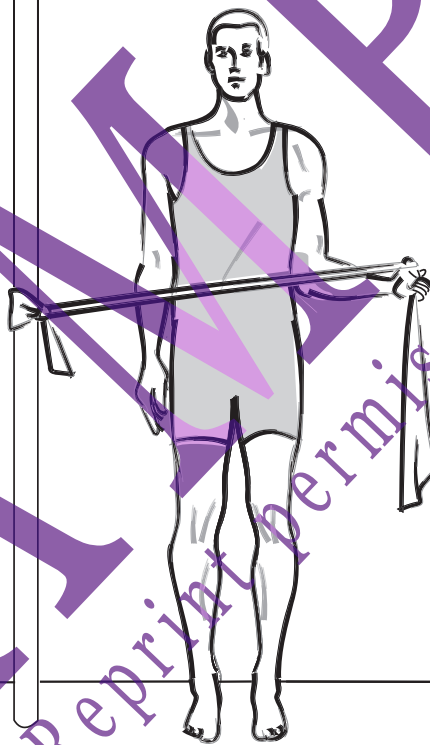
Turned in



Turned Out



A



45°

90°

135°

To be performed at three different angles to door. Stand parallel to door or barre. Position arm at your side, with your elbow close to the body and bent at 90° (45°, 135°). Place forearm in toward your stomach. Pull the theraband slowly away from your stomach (keeping elbow by side), and then bring it back in SLOWLY A. parallel, B. turned in C. turned out. Keep your wrist locked throughout and your stomach in. Do 2 –3 sets of 6 – 10.