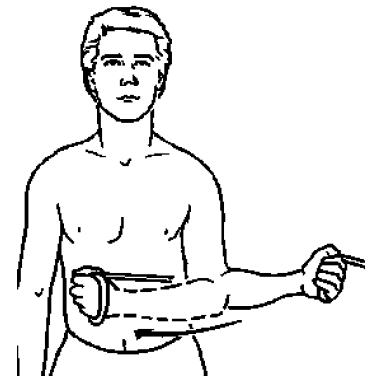
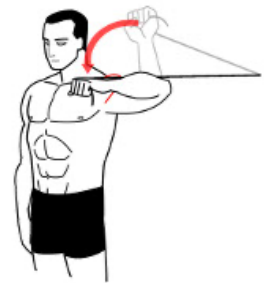


Home Exercise Program for Subscapularis Strengthening

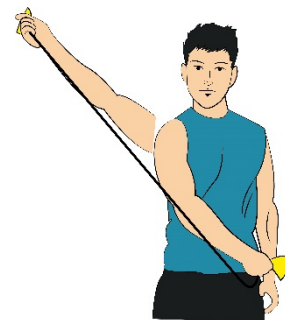
Internal rotation – With your elbow bent and your arm at your side, rotate your arm across your body against the resistance of an exercise band. Slowly return to the start position and repeat. Keep your elbow at your side



Internal rotation with abduction - Attach your exercise band to the doorjamb well above your head. Turn your back to the door. With your elbow bent at 90 degree angle and your arm out to your side rotate your arm down, so that your hand is even with your hip, against the resistance of the exercise band. Slowly return to the start position and repeat.



Reverse Lawn mower starter - Attach your exercise band in a door frame well above your head. Turn so you are parallel to the door. Start with the arm above your head and out to the side. Then pull the band up towards your opposite pocket in the reverse motion of starting a lawn mower.



Bear hugs- Attach your exercise band to the doorjamb well above your head. Facing the door hold your arm out in front of your body, elbow bent at 90 degrees. With the band in your hand, pull it towards your opposite shoulder as though you were giving someone a hug around their neck. The band should be pulling your hand away from your body, pulling the direction of the hand shown in the picture.

