

External Rotation with Theraband

Starting Position: standing side on with the door on your left. Loop one end of a theraband around the door handle and hold the free end in your right hand with your elbow bent to 90° and arm across your body.

Action: rotate your arm out from the body, keeping the elbow bent at 90° and tucked into your side.



These sheets are for guidance only. Although carrying out the exercises on this sheet correctly may be beneficial to you, these sheets do not nor are they intended to replace a proper assessment from your Chartered Physiotherapist. It is advisable that you discuss how to carry out the exercises contained on this sheet with your Physiotherapist at your next session. Should you have any questions regarding the exercises contained on this sheet please feel free to discuss same with your Physiotherapist at your next treatment session. The management accepts no responsibility whatsoever for the content or accuracy of these sheets or any issues resulting from same.

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