

External Rotation

Starting Position: lying on your left side with your right elbow bent to 90° and a small weight in your hand.

Action: lift your right hand away from your body, keeping the elbow at 90° and tucked into your side. Slowly lower back to the start position.



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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