

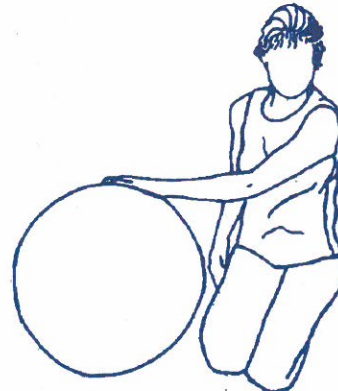
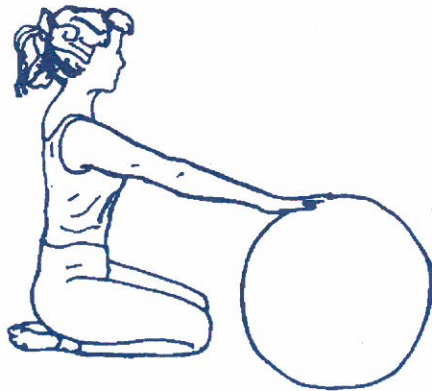
Date _____

Name _____

Internal/External Shoulder Rotation (Single arm) 7:6

Starting Position: Kneel behind ball with one hand on top of ball. Touch fingers of other hand on floor next to hips.

Movement/Exercise: Allowing trunk to follow, roll ball from side to side. Return to center. Switch arms.

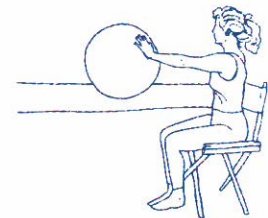


CAUTION: STAY WITHIN PAIN FREE RANGE.

Breathing: Do not hold breath. Breathe comfortably.

Modification:

1. If weakness exists, support/guide arm on ball with other arm.
2. If unable to kneel, sit in chair with ball on bed in front.



Progression: To add shoulder flexion, lean trunk forward allowing head to fall next to arm and roll ball from side to side.

Hold _____ Seconds

Repeat _____ Times

Do _____ Times/day



Purpose/ Goal: _____

Comments: The ball allows precise control of gravity assisted internal and external rotation. It also provides gentle side bending and rotation of the spine.

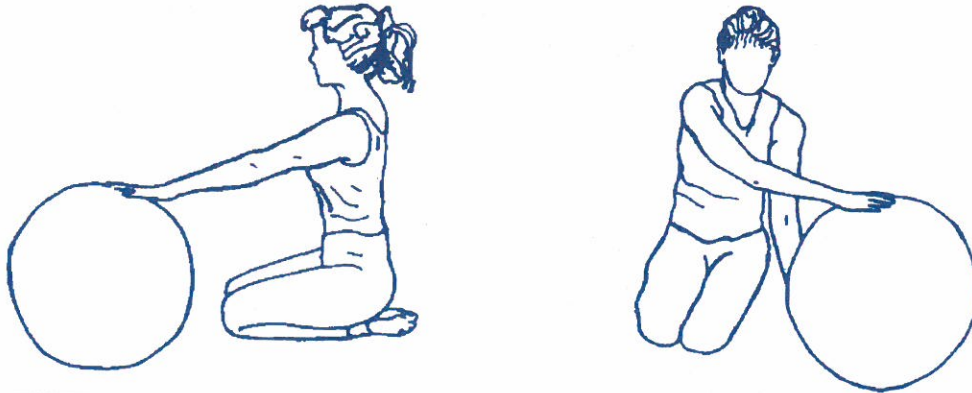
Date _____

Name _____

Internal/External Shoulder Rotation (Both arms) 7:7

Starting Position: Sit on heels behind ball with hands shoulder-width apart on ball.

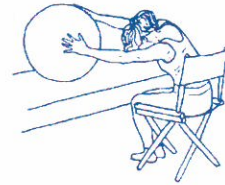
Movement/Exercise: Roll ball in half circle allowing top arm to cross over lower arm. Reverse in other direction.



CAUTION: STAY WITHIN PAIN FREE RANGE.

Breathing: Do not hold breath. Breathe comfortably.

Modification: If unable to kneel, sit in chair with ball in front on bed or table.

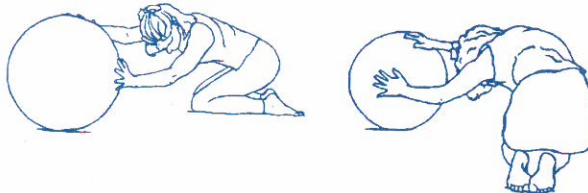


Progression: To combine internal and external rotation with shoulder flexion, roll ball away from body so that trunk lowers and head is between arms.

Hold _____ Seconds

Repeat _____ Times

Do _____ Times/day



Purpose/ Goal: _____

Comments: *The ball allows precise control of gravity assisted internal and external rotation.*