

Full video instructions for this exercise can be found at: <http://ptpete.co.nz/?p=744>

Lying Dumbbell Shoulder External Rotation

Exercise Purpose:

To strengthen your rotator cuff muscles



Key Points:

- When strengthening your right side you will need to lie on your left side with your knees bent and your head on 1-2 pillows or resting on your left arm
- Place a rolled up towel on the inside of your right elbow and push against this towel gently (about 50% effort). Maintain this pressure against the towel throughout the whole movement
- Keep your right shoulder blade in a neutral position (think down and back) and don't let your right shoulder creep up towards your right ear or creep towards the front of your chest throughout the entire movement
- To begin, hold the dumbbell in your right hand and keep it close to your stomach (just above your belly button) and keep your elbow at 90 degrees
- Slowly rotate your arm up towards the ceiling until your forearm is parallel with the ground. If it is not painful then you may rotate higher than this
- Keep your wrist neutral throughout – this is not a wrist strengthening exercise
- Breathe out on the way up and breathe in on the way down
- Keep the movement slow and controlled throughout