

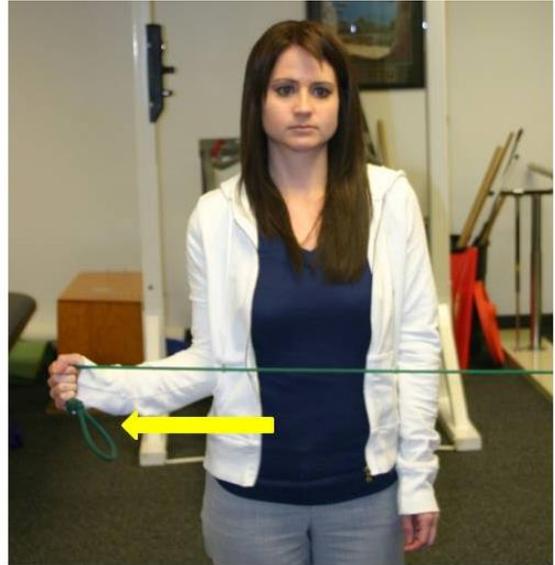


1-888-218-4045

These exercises should be performed on a daily basis. Your doctor may also instruct you to use ice on the painful area for 15 to 20 minutes on a daily basis. If your symptoms severely worsen, discontinue exercises and contact your physician.



**Shoulder Internal Rotation with Band**  
Keeping your elbow at your side, grasp the exercise band and rotate your forearm toward your abdomen. Repeat 10 times.



**Shoulder External Rotation with Band**  
Keeping your elbow at your side, grasp the exercise band and rotate your forearm outward keeping your elbow bent to 90 degrees. Repeat 10 times.



**Shoulder Forward Press with Band**  
Starting with your elbow bent and at your side, grasp the exercise band and press your arm straight in front of you, straightening your elbow. Repeat 10 times.



**Shoulder Row with Band**  
Starting with your arm straight out in front of you, grasp the exercise band and perform a row exercise as shown above. Repeat 10 times.