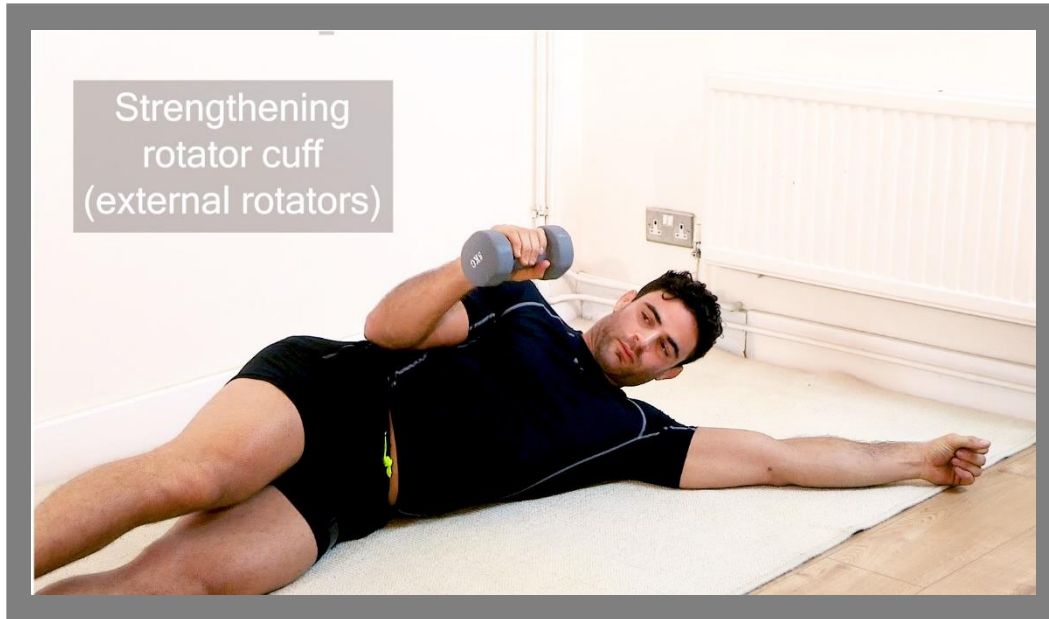


ROTATOR CUFF STRENGTHENING

SHOU130



AREAS AFFECTED	ADVICE
<p>The rotator cuff muscles Latissimus dorsi</p>	<p>Lie on your side. Take a small weight with your top arm and hold it by your side. Flex that elbow. Rotate the weight towards the floor and then towards the ceiling.</p>