



Figure 3 “Isolated” external rotation—rotator cuff: (a) start position, (b) final position.

“Isolated” external rotation—rotator cuff

- _ Perform with light resistance.
- _ Set your scapula back and down.
- _ Keep your elbow against your side and bent at a 90° angle (see Fig. 3a).
- _ Rotate your arm out against resistance (see Fig. 3b).