

Arm External Rotations

Safely secure your resistance band. Grasp handle with palm facing the bands anchor point. With elbow secure at your side and forearm parallel with the floor - take any slack out of the band. Keeping your elbow as close to your side as possible, **slowly** rotate band away from your body with your palm facing forward, then bring it back in **slowly**. Remember to continue to breathe.

Frequency: 3 sets, 12 repetitions each set, daily. Increase each set by 3 repetitions every 4 days, as long as this does not cause flare-ups. Once you are at 30 repetitions for 2 weeks, start over at 3 sets, 15 repetitions- of the next more difficult band, increasing as before.

