
Shoulder Internal Rotation, Isometric (Strength)

1. Bend your right arm in front of your body, palm up. Hold your wrist with your left hand.
2. Try to push your right arm inward, while pushing back with your left arm. Try not to let either arm move. Push with both arms firmly in opposite directions.
3. Hold for 5 seconds. Then relax.
4. Repeat 5 times.
5. Switch arms and repeat, if instructed.
6. Repeat this exercise 3 times a day, or as instructed.

