

BodyRelax

- giv din krop en chance...

Rotator Cuff- Infrapinatus Stretch

Sitting up tall, draw the arm across the front of your body. With the opposite arm pull the arm just a bit more. To get a thorough stretch, Take the Stretching arm in three directions. 1-Horizontal across the body 2- 30 degrees up from horizontal and 3- 30 degrees down from horizontal.



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Broom Stick Infraspinatus Stretch

Instructions

Preparation

Grasp pole at one end and position overhead with other end of pole behind opposite arm. Grasp other end of pole with hand positioned below elbow. Position elbow at height of shoulder.

Execution

Pull upper end of pole forward so shoulder is internally rotated. Hold stretch. Repeat with opposite arm.

