

Shoulder External Rotation (90) - Seated with Dumbbell

Sit sideways on a chair with your upper arm supported by the back of the chair and your elbow bent to 90 degrees. Your shoulder blade should be in a retracted position (pulled back towards the spine).

While holding a light dumbbell and keeping your elbow on the chair rotate your upper arm to bring your hand up and back.

Hold for a few seconds then slowly return to the starting position.

Repeat 10-15 times for 3-5 sets.



Notes:

- Keep the shoulder blade retracted (pulled back towards the spine) for the entire exercise - there will be a tendency for the shoulder blade to round forward as the hand rotates forward
- Keep the weight light enough so the big muscles such as the posterior deltoid are not active
- As strength improves you can increase the resistance by using a heavier weight