

Shoulder Internal Rotation (90) - Supine with Dumbbell

Lie on your back with your elbow bent to 90 degrees and your shoulder blade retracted (pulled back and down). Both your shoulder blade and arm should be flat on the floor.



While holding a light dumbbell and keeping your upper arm and shoulder blade flat on the floor rotate your upper arm forward to pull your hand up towards the ceiling.

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
- Only lift the arm up until the forearm is facing straight up
- As strength improves you can increase the resistance by using a heavier weight and/or doing the exercise on the side of a bed so the hand can drop down below the shoulder.