

Subscapularis Pull

Begin with the elbow straight and palm facing forward. Your body should be rotated slightly away from the resistance band.

Pull your arm behind your back and try to bring your thumb towards your opposite shoulder blade.

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

Repeat 10-15 times for 3-5 sets.



Ensuring Proper Form:

- As you pull the arm back pull the shoulder blade back towards the spine - Do not allow the shoulder blade to slide forward

Notes on Safety:

- This is an advanced exercise that required full pain free rotation of the shoulder joint. If you cannot comfortably get the arm to this position do not attempt this exercise.