

# Shoulder Strengthening



## Infraspinatus & Teres Minor Exercise Step 1

- Step 1: Stand; place small rolled towel between arm and body
- Step 2: Thera-Band is at about waist height, held with opposite hand, behind the back
- Step 3: Take your hand away from midline very slowly, hold 2 seconds
- Step 4: Slowly return to starting position
- Step 5: Repeat exercise 8-12 times