



Sitting Shoulder Internal Rotation

Purpose:

Strengthen the rotator cuff muscles in the shoulder.

Benefit:

Improve shoulder stability during the golf swing.

Instructions:

Sit on the ball, involved arm positioned toward the door, place towel roll between elbow and side of body. Place anchored tubing in hand. Position forearm away from the body with the elbow bent at 90 degrees, rotate the arm across the stomach. Hold for 2-3 seconds, and slowly return to the starting position, controlling the pull of the tubing.

Quantity:

Reps _____ sets _____

