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Shoulder Rotator Cuff Strengthening Exercises

YTW Exercises



Position: Perform each exercise laying on a table or the ground while on your

stomach.

Weight: Body Weight Only

Sets: 2 **Reps:** 10

Frequency: Daily

NOTE: If you experience pain performing these exercise, stop the activity. Perform it again without pain, if pain persists, please call the clinic back for further instructions.