

# UPSWING HEALTH

## SLAP Tears

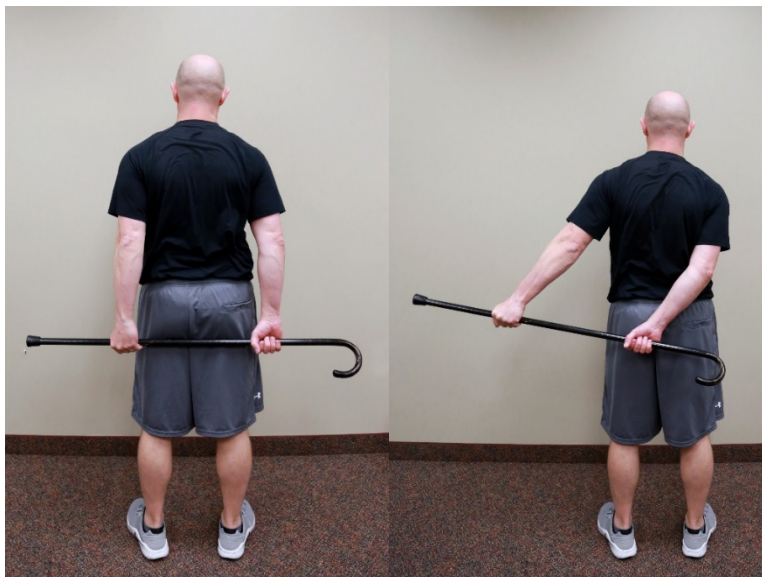
### Cane Flexion

With your palms up, lift a dowel directly overhead, assisted by the uninvolved side. Reach back until you feel a stretch and hold for 5 seconds. Repeat 10 times.



### Cane Internal Rotation

Stand with the cane/dowel held behind your back, palms facing backwards. Gently pull the cane/dowel with your uninvolved hand to move your involved hand across and up your back. Hold for 5 seconds. Return and repeat 10 times.



Discontinue exercises and consult with a medical professional if any discomfort is experienced.

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## Bent Over Rows

Stand, slightly bent over with a strong, flat-back position with your uninvolvement hand supported on either a chair, table or bench. Hold a comfortable weight in your involved hand. Squeeze your shoulder blade toward your spine as you raise your elbow up and back. Perform 2-3 sets of 10 repetitions, once a day.



## External Rotation

Stand sideways with a resistance band secured at elbow height. Have your elbow bent at a right angle and keep it close to your side, as pictured. You may secure a towel under your elbow to keep it in place. Rotate your forearm outward and away from your body. Keep your shoulder blade squeezed. Return to starting position. Perform 2-3 sets of 10 repetitions, once a day.

