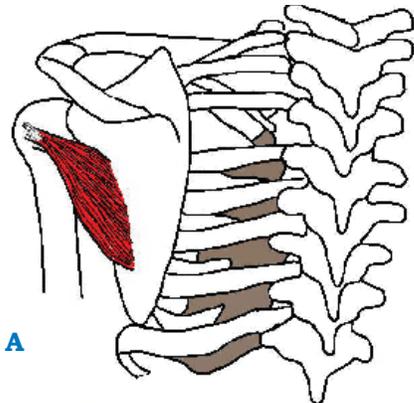


With yourself lying face up place a tennis ball under your scapula. You should be able to identify the bony ridge of the scapular spine (figure A) with the infraspinatus muscle just below. Roll around on the tennis ball to identify the tender point. Once you find a tender point allow the tennis ball to dwell on it and maintain a tolerable level of pressure (figure B). The tender point should diminish as the pressure is applied. Each tender point in this muscle can & should be treated in this way. Perform this release 3 times a day as needed.



***If there is a suspected tear of this muscle, you should not perform this exercise.***

Start in the lying on your back position; slide close to the edge of the bed/table and allow your arm to hang off the edge palm down (figure C). Hold the arm off the edge for 5-6 breaths. After the 5-6 breaths bring your arm back on the table. Repeat this 3-5 times or until there is no further relaxation after muscle contraction.



- Do not reach behind you excessively to try to get something in the back seat while you are seated in the front seat
- Avoid activities that involve throwing motions until pain free
- When pain free the follow through of your throwing motion should be internal rotation.
- Avoid strengthening exercises until free of pain
- Strengthen the infraspinatus muscle when it is free of pain to avoid a repeat of the injury.

Shoulder external rotation exercises with light weights are a great exercise to strengthen and stretch the teres minor muscle. Starting in the seated position with not more than 5 lb weights in your hands and with your shoulders at 90 degrees abduction and your elbows flexed 90 degrees (figure A) bring your arms into the externally rotated position (figure B) while completely inhaling. Then slowly internally rotate your arms as you exhale completely. Repeat this action for a total of 8-12 times, take a 30-90 second break and repeat as directed by your physician or for a total of 3 sets.

Strengthening with Weights



Begin in the seated position facing the device and with your arms directly in front of you (figure C). Then move your arms into 90 degrees abduction and 90 degrees of external rotation with your elbows flexed to 90 degrees (figure D) while you completely exhale. After abduction & external rotation slowly allow your arms toward the beginning position by the weight of the machine as you exhale completely. Repeat this action for a total of 8-12 times, take a 30-90 second break and repeat as directed by your physician or for a total of 3 sets.

Strengthening with a Machine



Also, Train

- Deltoid muscles
- Pectoralis muscles
- Trapezius muscles
- Latissimus Dorsi muscles
- Rotator cuff muscles