

Exercise Prescription: Prone Internal Rotation

Purpose of Exercise:

This is a strength and mobility exercise for the shoulder internal rotators, specifically subscapularis.

Starting Position:

Lying down on your stomach on a table/bed. Affected arm and elbow are both flexed to 90 degrees as shown. A weighted ball/plate may be used to further engage the muscles of internal rotation.

Exercise Description:

From the starting position, slowly bring your palm upwards, bringing your shoulder into internal rotation as far as you can. Take care not to change the position of the elbow or shrug the shoulder towards the ear. Hold for 4-6 seconds and then return to the starting position.

Pictures:

