

Exercise Prescription: Ball Catching- Sidelying

Purpose of Exercise:

This is an endurance and stability exercise for the posterior rotator cuff.

Starting Position:

Lying on your side with the affected arm on the top, your shoulder blades stacked vertically on top of each other, head supported by your lower arm or a pillow so that your neck is not bent to either side. Place a rolled hand towel in between your upper elbow and your torso and keep it there throughout the exercise, locking the elbow to the rib cage. Grip a ball in your upper hand, palm facing downward. A weighted ball can be used to enhance this exercise.

Exercise Description:

From the starting position, keeping your palm facing downward, flick the ball up and let go so it is suspended in the air for a split second and then catch the ball before it drops. Repeat 8-12 times or until the shoulder begins to fatigue.

Pictures:

