

Exercise Prescription: Ball Catching- Prone

Purpose of Exercise:

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

Starting Position:

Lying on your stomach with the affected either: (1) out to the side or (3) up and to the side. Grip a ball with your affected arm with 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:



1



2



3



4