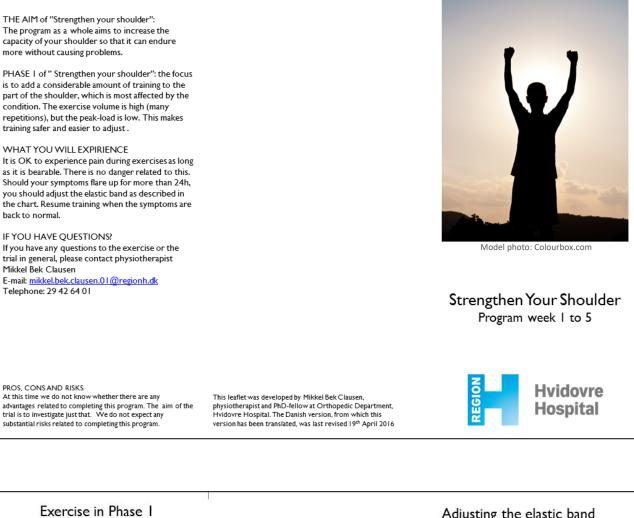
Additional file 4, Strengthen your shoulder, leaflet, Phase 1



Seated external rotation



Position

- · Seated with elbow supported (e.g. on
- a table), approx. 45° from the body
- Straight back, shoulder retracted
- Elbow in 90° flexion
- · Forearm approx. horizontal

Amount

- 3 sets, as many repetitions as possible
- Small break between sets
- Every day
- . If you miss a day, do not double the amount the next day



Movement Turn the arm so that the elastic band

- stretches
- Keep the elbow in 90° flexion Movement should only happen in the shoulder

Pace

Stretch:	2 sec
Hold:	5 sec
Release:	2 sec
Break:	2 sec

Adjusting the elastic band

When training with "Strengthen Your Shoulder" you will be adjusting the elastic band yourself.

The chart below will guide you in determining whether you should adjust the elastic band before your next training session. The elastic band is adjusted by moving the clip.

- Adjustment depends on two things (see chart): If your symptoms flare up for more than 24h after training L.
- 2. The number of repetitions you can do in the first set of an exercise

