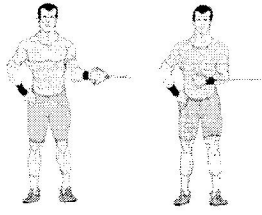
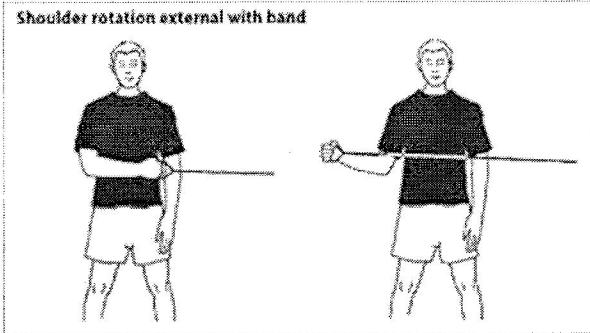


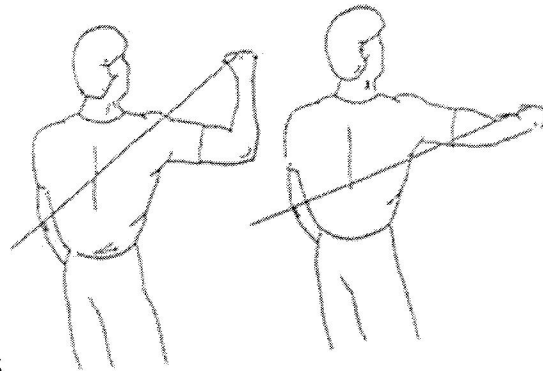
## Shoulder Injury Prevention Protocol



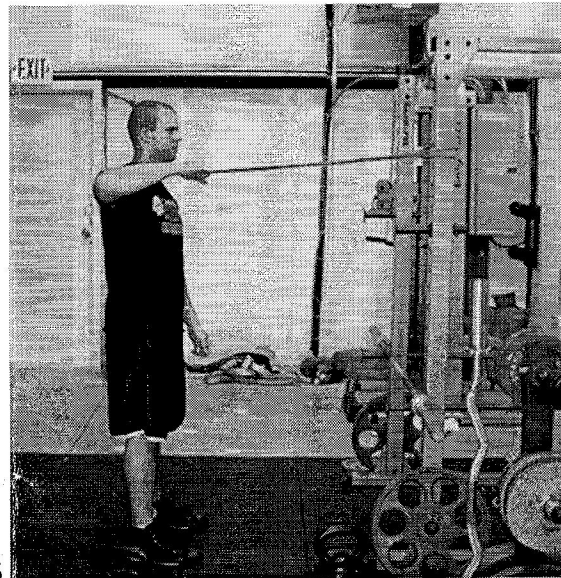
- Internal Rotation 2x15



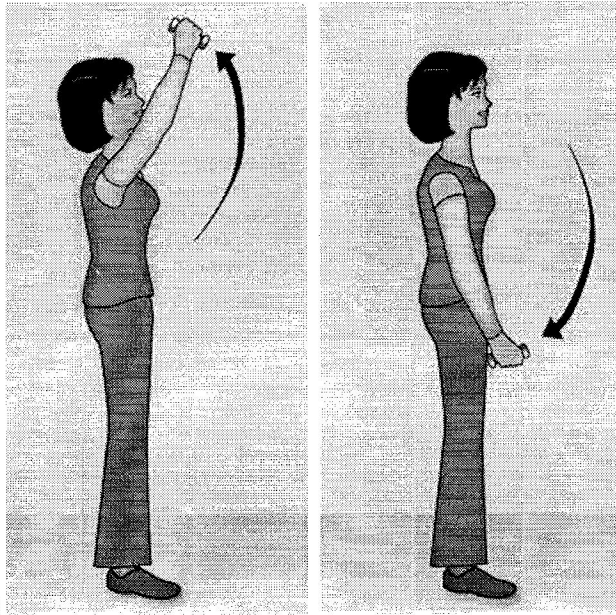
- External Rotation 2x15



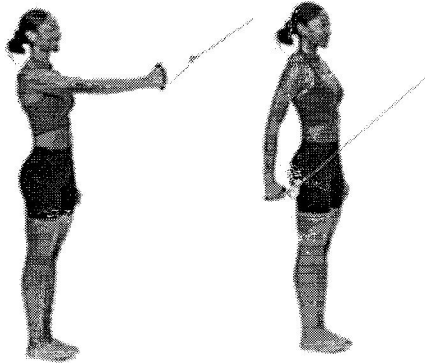
- Internal Rotation with Abduction 2x15



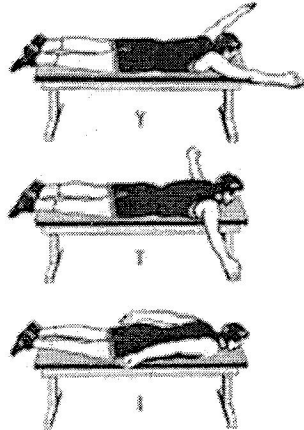
- External Rotation with Abduction 2x15



- Flexion 2x15

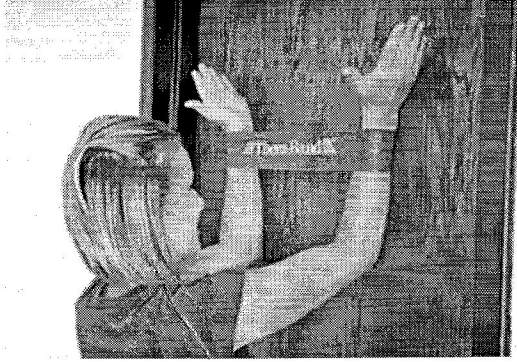


- Extension 2x15



- YTI 2x10 with 1 or 2 lb dumbbell

- Clocks 12,1,2,3pm and then 9,10,11,12pm. Repeat 3x.



- Internal Rotation, External Rotation, Flexion and Extension exercises should be done with bands
- YTI's should be done with low weight dumbbell (1 or 2 pounds) or no weight at all.
- Clocks should be done with band.
- Quality is better than quantity. Use GREAT technique. It is better to do the exercises correctly for lower reps than to do all the reps incorrectly. If you have any questions about technique, just ask!
- Should feel burn in posterior/middle/anterior shoulders during these exercises.
- Do not forget to do both arms.
- Should be done 3-4x a week. Only takes about 15 minutes so do not be lazy!