

Erbst OrthoSport Physical Therapy



Dynamic Isometric ER

Stand with RIGHT/LEFT side closest to the door, holding theraband in RIGHT/LEFT hand. Gently squeeze shoulder blades down and back. Place small towel roll between working arm and ribcage. Keeping elbow at 90 degrees and arm slightly away from your side, side step away from the door without allowing your arm to change positions. Then step back to start position.

Repeat 30 times per set. Perform 2 sets, once per day.

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