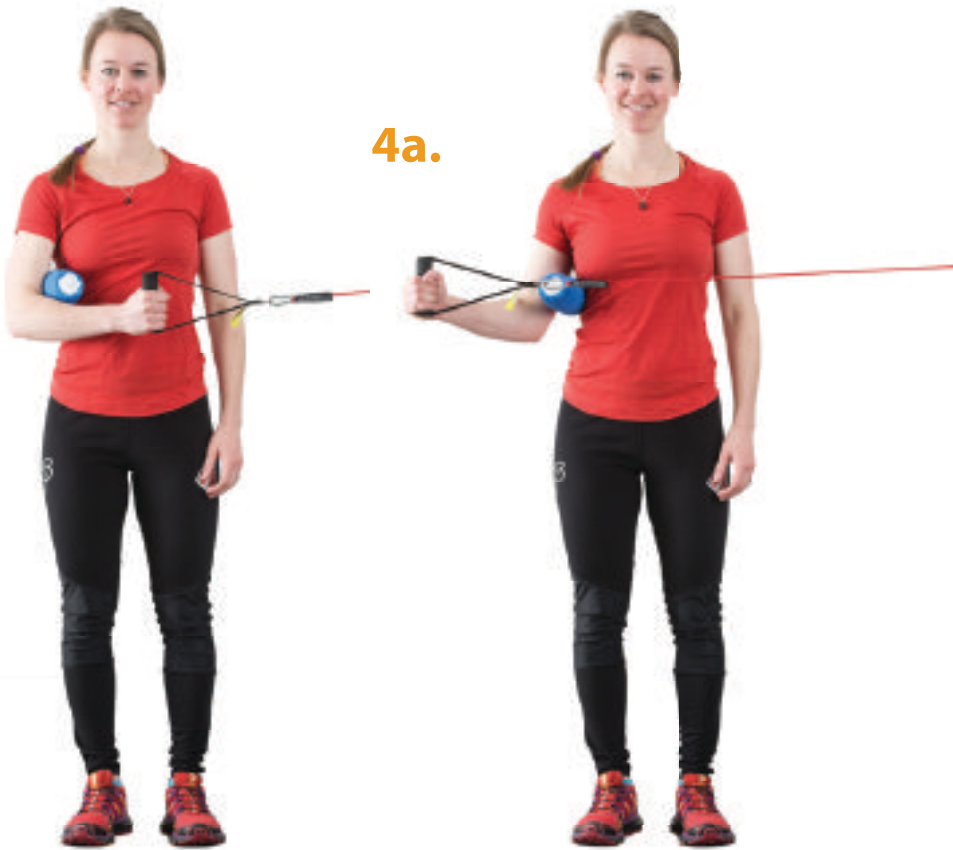


FLY FISHING

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4a.



4a. Resisted External Rotation

- Hold one end of an elastic band, the other being fixed to a door or pole in front of you, at shoulder height.
- Start by positioning your arm slightly away from body (approximately 45 degrees) with your elbow bent at a 90 degree angle, palm facing down.
- Maintaining the angle at your elbow, slowly rotate your arm out, away from your body against the resistance of the band.
- Repeat 2-3 times for 15-20 repetitions.

4b. Internal Rotation

- Position yourself the same way you did for the external rotation exercise. Begin with your arm away from your body.
- Maintaining the 90 degree angle at your elbow, slowly rotate your arm inward towards your body.
- Repeat 2-3 times for 15-20 repetitions.

5.



5. Full Can

- Start by standing upright with hands by your side, thumbs pointed forward, with 2-5 lbs. dumbbells in both hands.
- Gently squeeze your shoulder blades back and slowly bring your arms up and slightly out to the side until your hands are level with your shoulders. Thumbs should be pointing up towards the ceiling.
- Slowly lower weights in the same plane to starting position.
- Repeat 2-3 times for 15-20 repetitions.

6. Posterior Cuff Stretch

- Resting your left arm into the right arm's elbow, pull the left arm across your chest until a gentle stretch is felt in the back of the shoulder.
- Hold 30-45 seconds, repeat 3-4 times on each side.

6.

