



Robyn Dey RMT
Massage Therapy

Infraspinatus and Teres Minor Strengthening

Place your elbow on a table beside you and bend it to 90 degrees. Hold a weight in your hand. Pull the tip of your shoulder backward and lift your hand from the table without lifting the elbow and then slowly return to the starting position.

Place your free hand on the front of the shoulder to monitor the position of your shoulder bone (not shown in picture). Stop the motion when you feel your bone starts to push against your hand.

