



**Robyn Dey RMT**  
Massage Therapy

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## Subscapularis and Teres Major Strengthening

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Lie on your back with your arm out away from your body and your elbow bent—so your hand is above your elbow. Place a rolled towel under your elbow to support it and hold a small weight in your hand. Place your free hand on the front of the shoulder to monitor the position of your shoulder bone (the head of the humerus).

Slowly bring your hand forward and toward the floor (palm facing the floor). Monitor your shoulder bone with the free hand and stop the motion when you feel your bone starts to push against your hand. Rotate your arm as far as you can with your shoulder bone down and then slowly return to the starting position.

