ROTATOR CUFF, SCAPULAR STABILIZATION, & FOREARM TRAINING

Rotator cuff strength and scapular stabilization are extremely important to all overhead motion athletes. With the added stress of the overhead motion, inadequate strength, endurance, and muscle balance in the shoulder complex can lead to various shoulder and elbow injuries. With a long season ahead it is imperative to train the rotator cuff, scapula, and forearms to help reduce your risk of injury.

ROTATOR CUFF & SCAPULAR STABILIZATION EXERCISES

1. External Rotation

2. Internal Rotation
3. Scapular Pinch

4. Scapular Pinch & Row

5. Pinch, Row, Externally Rotate
6. Horizontal Abduction

7. Sagittal Adduction

8. Diagonal Abduction
9. Tubing Punch

10. Scapular Depression
FOREARM EXERCISES

11. Forearm Flexion

12. Forearm Extension

13. Forearm Pronation
14. Forearm Supination

15. Ulnar Deviation
16. Radial Deviation

17. Grippers – 30 to 45 second hold