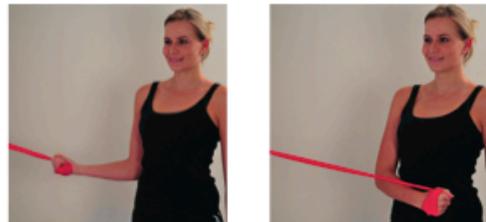


**12 O'clock**  
 Resisted shoulder & elbow extension  
 Triceps & Lat Dorsi & post Deltoid

**Theraband: 'Rock around the clock'**

Easy to remember .Strengthen frequently

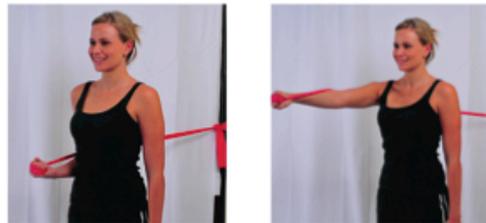
Attach Theraband or tubing to burglar bars & rotate your body clockwise from 12 O'clock, 3 O'clock, 6 O'clock & 9 O'clock.



**9 O'clock**  
 Turn 90° to the RIGHT  
 Resisted Internal Rotation  
 Rotator Cuff muscles



**3 O'clock**  
 Turn 90° to the RIGHT  
 Resisted External Rotation  
 Rotator cuff muscles



**6 O'clock**  
 Turn 90° to the RIGHT  
 Resisted scapular protraction, shoulder flexion & elbow extension  
 Biceps, Serratus Anterior & Anterior Deltoid

Remember – perform movement SLOWLY AND – return to starting point SLOWLY too

Approx 3 sets of 12 reps / exercise daily or alternate days