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web exercise times times per day to make these exercises harder hold the band tighter keeping hands closer together
increase the number of times you repeat the exercise remember to do each exercise slowly and controlled ask your therapist
for a different colored band to make these exercises easier

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web theraband external rotation at 90° stand with the theraband attached in front of you keeping the arm elevated to 90
degrees and the elbow at a 90 degree angle rotate the hand and arm slowly backward and then return slowly to the start
position theraband internal rotation at 90° stand with the theraband attached behind you

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