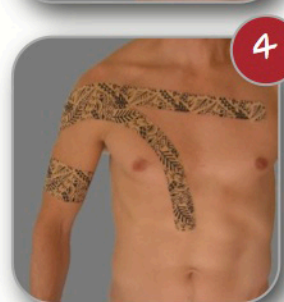
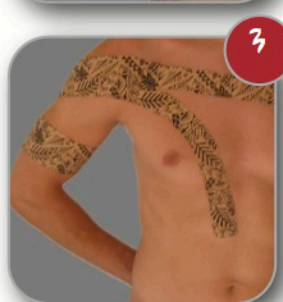
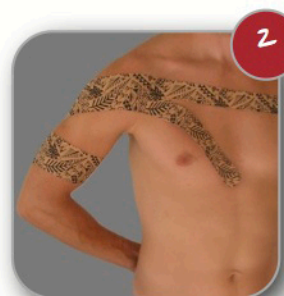
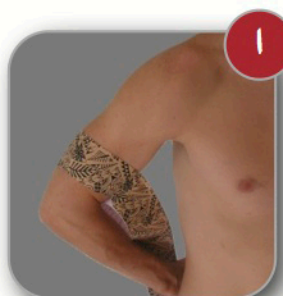
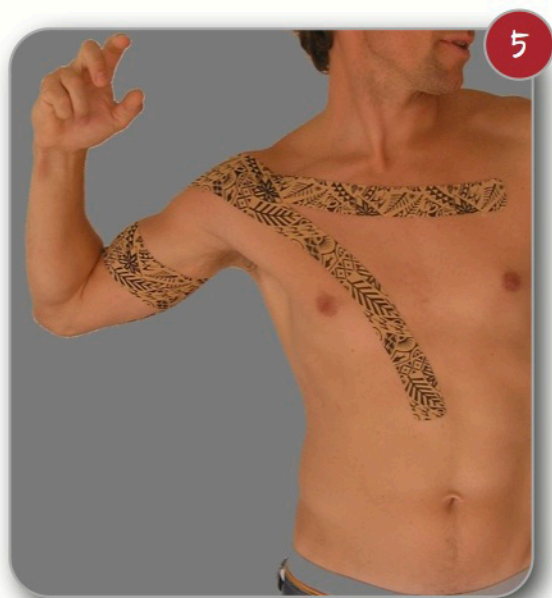


## Shoulder Internal Rotation



**Tape:** Dynamic Tape 7.5cm (3")  
PowerBand can be used for greater force

**Position:** Shoulder Internal Rotation (Hand behind Hip)  
Shoulder Horizontal Flexion (bring elbow forward but try to maintain good scapula position)

**Actions:** Provides a rotation component to decelerate into external rotation and horizontal extension, particularly terminal cocking phase of throwing or the apprehensive position in unstable shoulders  
Absorbs load and then transitions back into internal rotation  
Resists anterior translation of the humeral head  
Approximates the glenohumeral joint and supports the weight of the upper limb due to a force vector being directed superiorly

**Indications:** Late cocking or early acceleration problems  
Late stage rehab of glenohumeral dislocations and instabilities  
Weakness, fatigue or inhibition of internal rotators  
Pectoral muscle tears or strains

1

Commence on the lateral part of the arm, just proximal to the elbow to create a longer lever. Direct the tape superiorly at about 45° to make it easier to spiral around the limb, avoid circulatory compromise and to create a force vector up the limb to take the weight of the arm and approximate the glenohumeral joint, in turn allowing superior scapula control, rotator cuff recruitment and reduced load.

2

Secure the superior band in a horizontal position and anchor on to the contralateral chest.

3 & 4

Direct the inferior band more vertically.

5

The horizontal band will tension under lower degrees of elevation and the vertical band will tension during higher degrees of elevation.

