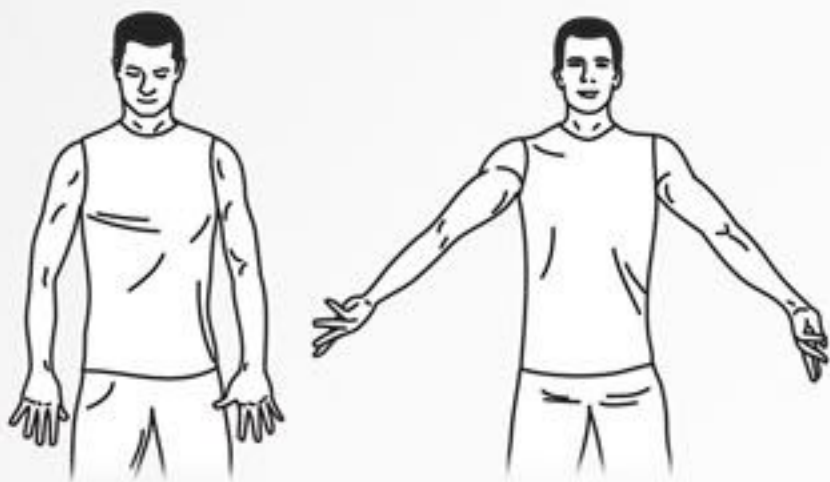


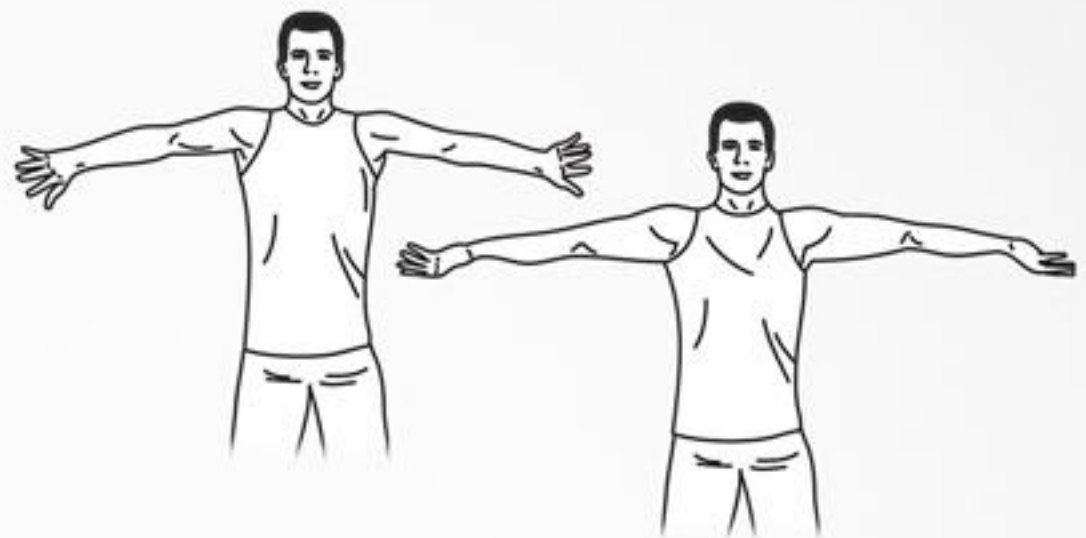
Rotator Cuff

DAREBEE REHAB WORKOUT @ darebee.com

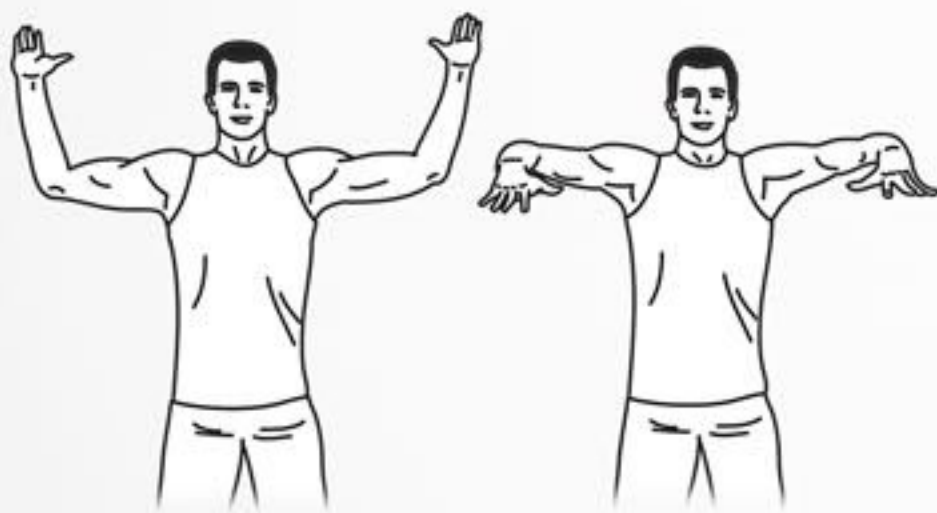
20 seconds each exercise.



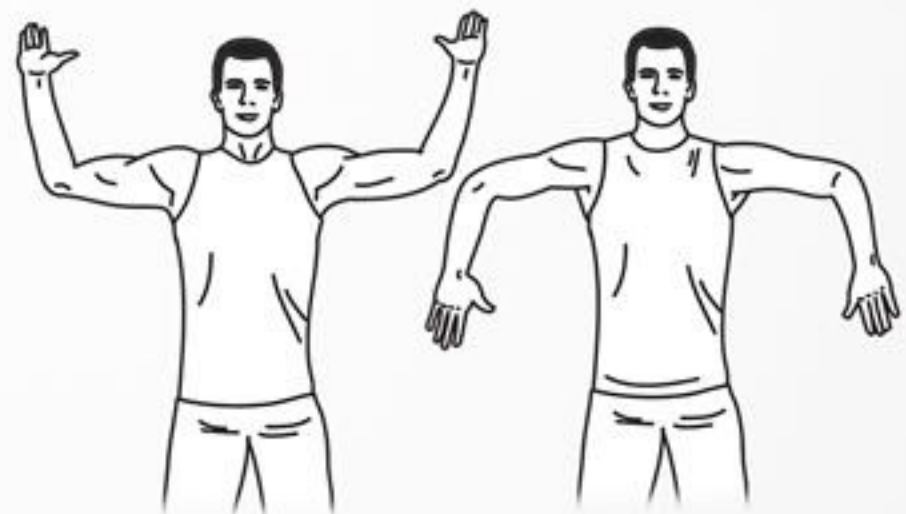
arm twists



raised arms twists



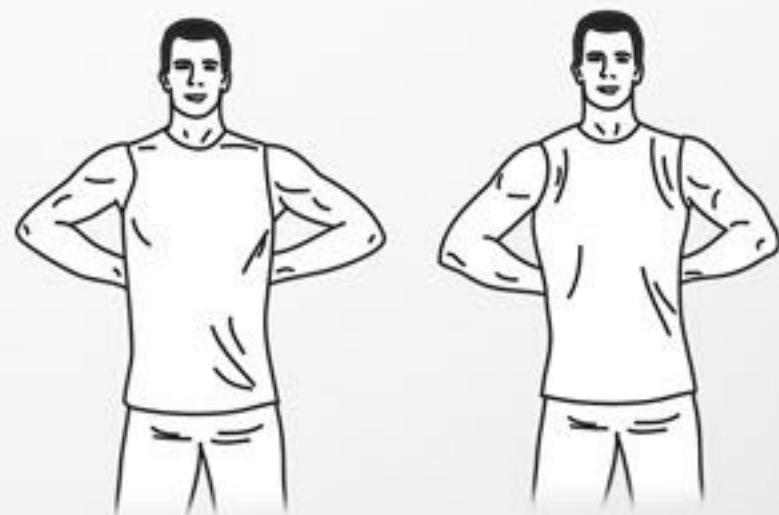
half bow



full bow



elbow to torso



elbows in