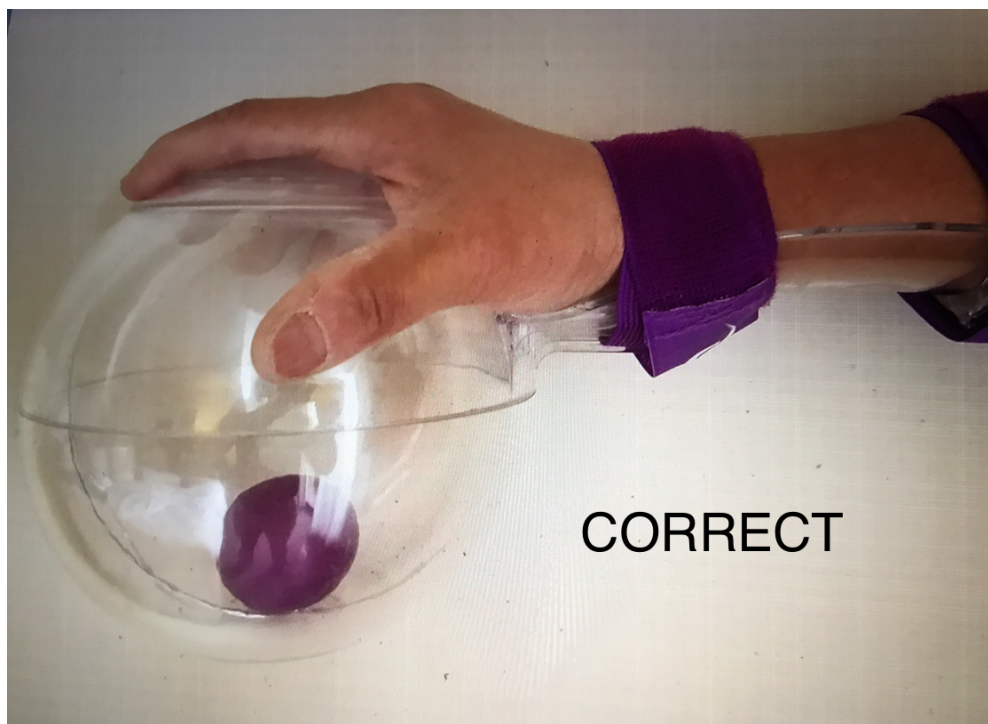


## WATERSKI

### ShoulderSphere® Instructions for Use

Correct position: ensure your wrist is relaxed and has complete contact against the plastic splint while being securely strapped in by the elastic strap. Relatively tight engagement is necessary in order to optimize the rotator cuff workout. Make sure there is no wiggle room between your wrist and the splint. This also avoids undue stress against the plastic splint, which may cause breakage.

The easiest way of putting on the ShoulderSphere® is to place it on top of your hand -- PALM facing UP - and gently cradle it, making sure that the strap is wrapped securely, particularly the part at wrist level.



Incorrect position: note in the image below how the wrist is tense and flexed against the splint. There is a large gap between the splint and the wrist, which creates undue three-point contact stress against the plastic splint. This will break the plastic splint. There should be no wiggle room in-between the skin and the plastic splint. Incorrect posture prevents an optimal rotator cuff workout.



### 10 Week Rotator Cuff (RC) progressive strengthening program ShoulderSphere Method

Event simulation reaching out moves. Sports specific training.  
Do all with spinning the ball.  
Work BOTH arms !

May add Red Theraband for contra-lateral load - titrate to capability for added strength build up

Workout every other day - 24 hour recovery time essential for muscle recuperation and mass gain. No more than 2 or 3 x/ week —  
The targeted RC workout is so intense that more than 3x / week will be counterproductive.

Do not use the A7 model until able to do 10 reaches with the F2 with NO struggle. At which time can pick up week 1 schedule using the A7.

WEEK 1. — 1) 5 reaches , 3 sets. 2) on the bench — 5 stretches on the side , 5 stretches overhead, 5 stretches to opposite side. 3 sets

WEEK 2 — 1) 8 reaches, 3 sets. 2) on bench — 8 stretches on side, 8 stretches overhead, 8 stretches to opposite side. 3 sets

WEEK 3 — 1) 12 reaches, 2 sets. 2) on bench — 12 stretches on side, 12 stretches overhead, 12 stretches to opposite side. 2 sets

WEEK 4 — 1) 15 reaches, 2 sets. 2) on bench — 15 reaches on side, 15 reaches overhead, 15 reaches to opposite side. 2 sets

WEEK 5 — 1) 16 reaches, 2 sets. 2) on bench — 16 stretches on side, 16 stretches overhead, 16 stretches to opposite side

WEEK 6 — 1) 18 reaches , one set. 2) on bench — 18 stretches on side, 18 stretches overhead, 18 stretches to opposite side. one set

WEEK 7 — 1) 17 reaches, 2 sets. 2) on bench — 17 stretches on side, 17 stretches overhead, 17 stretches to opposite side. 2 sets

WEEK 8 — 1) 18 reaches, 2 sets. 2) on bench — 18 stretches on side, 18 stretches overhead, 18 stretches to opposite side. 2 sets

WEEK 9 — 1) 20 reaches. One set. 2) on bench — 20 stretches on side, 20 stretches overhead , 20 stretches to opposite side. One set

WEEK 10 — only need simulation reaches. No more bench.  
20 reaches . 3 sets

( each reach takes about 3 seconds, 20 reaches = 1 minute. 3 sets = 3 minute total RC workout.  
=== 3 minutes , 3 x/ week will give you bulletproof Rotator Cuff ! )

Goal is maintenance 2-3x / week , 20 reaches, 3 sets