Complete each movement 15-20 times with easy to moderate tension on the band. As strength increases and/or shoulder pain decreases use higher resistance or stand further away from the anchor point. Hopefully this PDF is helpful to you and gets you on the road to full shoulder recovery! If you know anybody else who may benefit from these movements please don’t hesitate to share. For hundreds of hours of great tennis instruction be sure to check out my website: www.essentialtennis.com