



Rotator cuff exercise uses dumbbell



Dr. Levi Harrison demonstrates the rotator cuff exercise with dumbbell. (Kirk McKoy / Los Angeles Times)

By **MELINDA FULMER**

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🐦 If you're a golfer, tennis player or even a stand-up paddleboarder, you need to work the rotator cuff muscles.

🐦 This weight-bearing movement strengthens the four muscle tendons that run from your scapula to your shoulder.

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If you're a golfer, tennis player or even a stand-up paddleboarder, you need to work the rotator cuff muscles that run from chest to shoulder to prevent injury, which is common in people older than 40, says orthopedist and fitness trainer Levi Harrison, developer of "The Art of Fitness: Cardio Core Workout" DVD. Here's a two-in-one exercise that builds strength in this often-overlooked area. Perform it three times a week for optimal results.

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