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(57) Abstract :

The present disclosure relates to an apparatus for strengthening a rotator cuff of a user, said apparatus comprising a frame adapted to be supported such that a surface of the frame is vertical, wherein the surface of the frame is configured with a track a device adapted to be held by an arm of the user extending from the rotator, and adapted to be pressed against the surface and moved along the track, the device comprising a device frame configured with a handle (104) adapted to be held by the arm of the user the wheel (106) is in contact with the surface and facilitates movement of the device along the track; a braking mechanism coupled with the wheel, wherein the braking mechanism is adapted to be operated by the user to selectively effect stoppage of the device as the device is moving along the track on the surface.

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