

ROTATOR CUFF STRENGTHENING PROGRESSION

It is best to do any exercise slowly and with smooth motions. Be sure to breathe in through your nose and out through your mouth while exercising. You should never hold your breath while exercising because it may cause your blood pressure to rise.

Do each exercise _____ times a day.

Repeat each exercise _____ times.

Hold each position for _____ seconds.

Use _____ band for exercises.

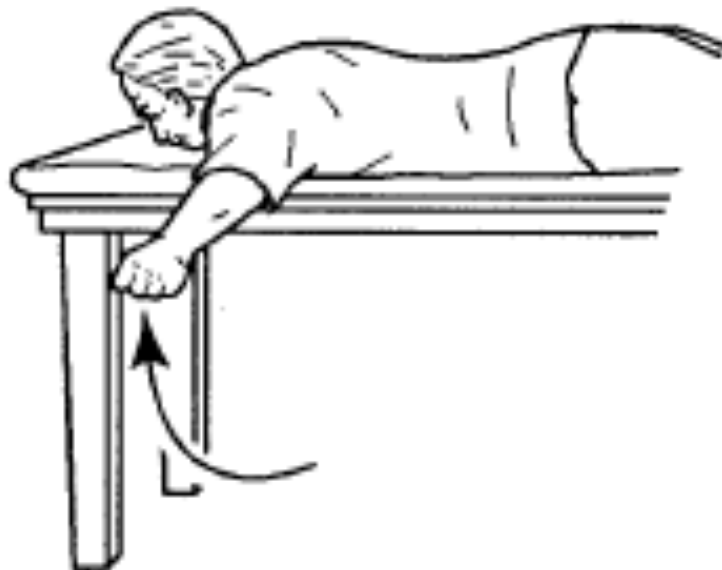
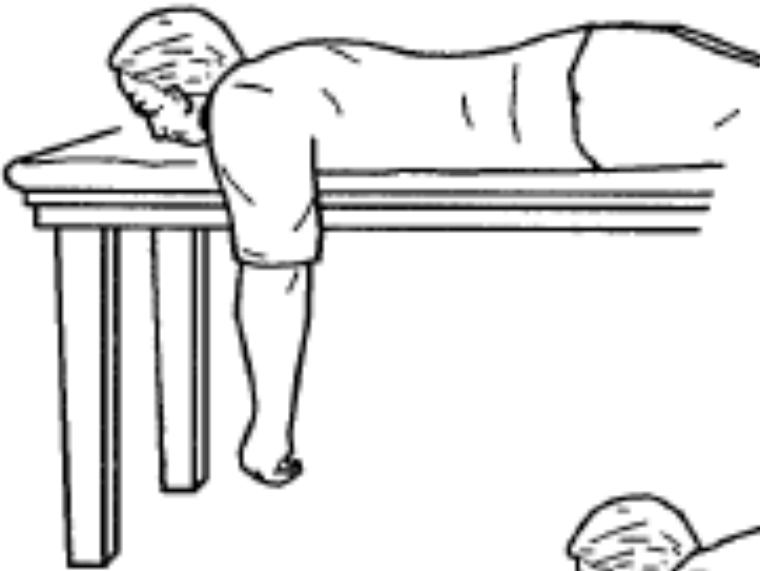
_ PRONE SHOULDER FLEXION

- o Lie on your stomach with injured arm off table/bed.
- o Raise your injured arm toward ceiling as high as possible, maintaining pain free position.
- o **Do not** arch your back.
- o Return to starting position slowly.
- o **Option:** Add ____ lb. cuff weights to wrist.



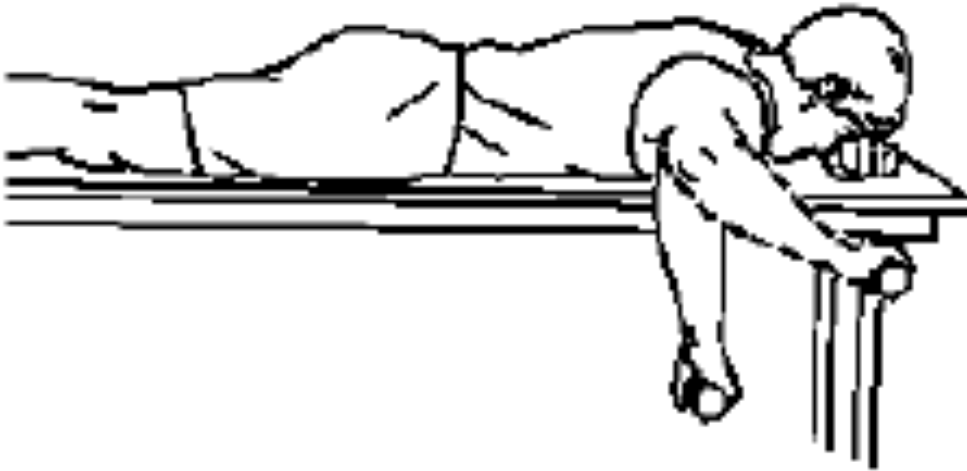
_ PRONE SHOULDER HORIZONTAL ABDUCTION

- o Lie on your stomach with injured arm off table/bed with palm down.
- o Raise your injured arm to the side, toward ceiling until it is parallel to the floor
- o **Do not** arch your back.
- o Return to starting position slowly.
- o **Option:** Add ____ lb. cuff weights to wrist.



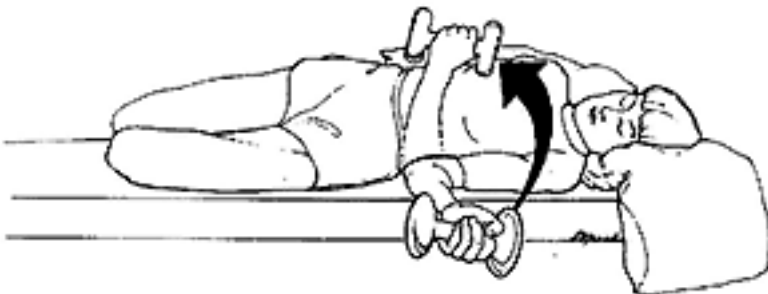
_ PRONE SHOULDER ROW WITH EXTERNAL ROTATION

- o Lie on your stomach with injured arm off table/bed with palm down.
- o Raise your injured arm out from the body with arm bent at 90 degrees.
- o Rotate forearm upward, keeping elbow bent, maintaining pain free position.
- o **Do not** arch your back.
- o Return to starting position slowly.
- o **Option:** Add ____ lb. cuff weights to wrist.



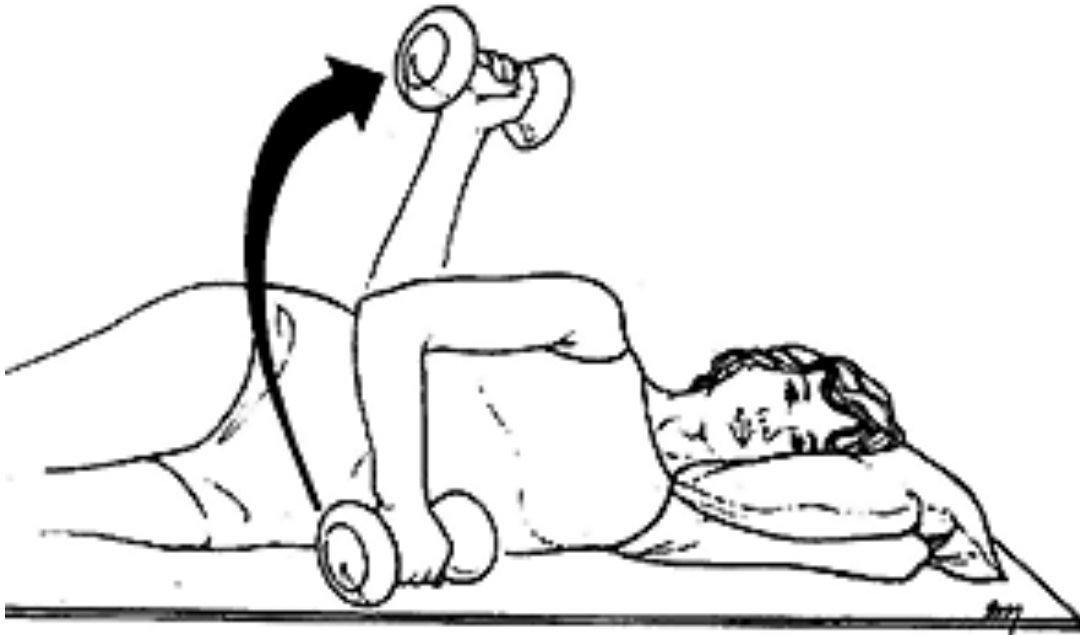
_ SIDELYING SHOULDER INTERNAL ROTATION

- o Lie on your side with injured down.
- o Keep your elbow by your side, bent at 90 degrees
- o Rotate forearm toward stomach, keeping elbow bent, maintaining pain free position.
- o Return to starting position slowly.
- o **Option:** Add ____ lb. cuff weights to wrist.



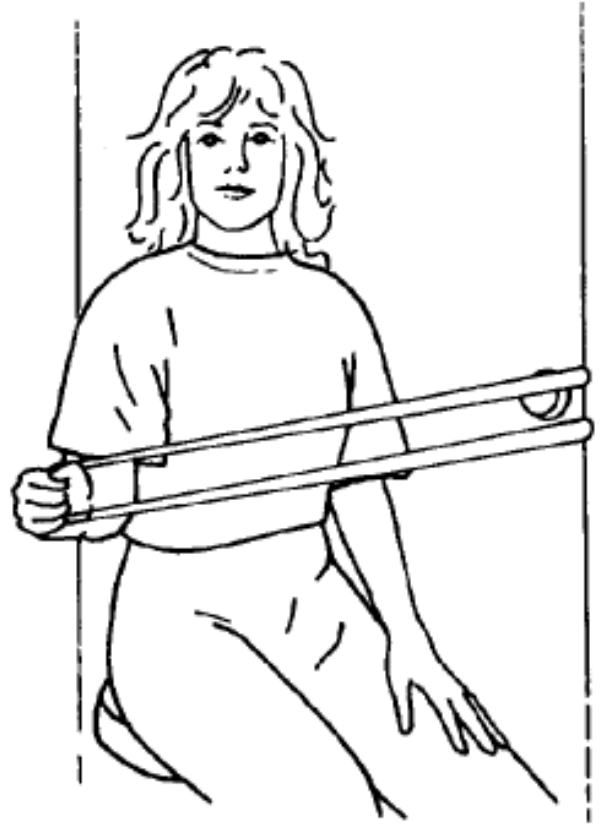
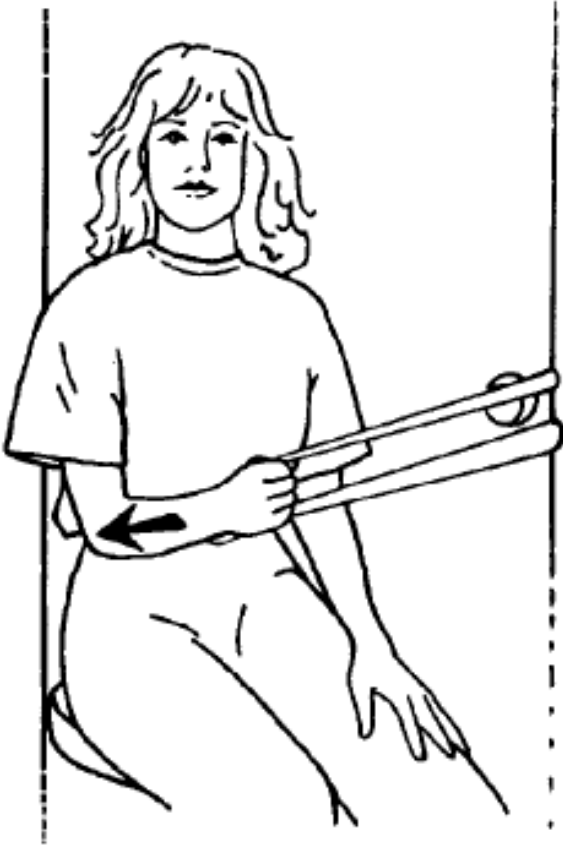
_ SIDELYING SHOULDER EXTERNAL ROTATION

- o Lie on your side with injured up.
- o Keep your elbow by your side, bent at 90 degrees
- o Rotate forearm upward, toward ceiling, keeping elbow bent, maintaining pain free position.
- o Return to starting position slowly.
- o **Option:** Add ____ lb. cuff weights to wrist.



_ SHOULDER EXTERNAL ROTATION WITH THERABAND

- o Keep the Theraband at waist level.
- o Use the arm farthest from the band and keep your elbow in at your side.
- o Turn your arm outward away from your body.
- o Keep your forearm parallel to the floor.



_ SHOULDER INTERNAL ROTATION WITH THERABAND

- o Keep the Theraband at waist level.
- o Use the arm next to the band and keep your elbow in at your side.
- o Turn your arm inward across your body.
- o Keep your forearm parallel to the floor.
- o Return to starting position slowly.

