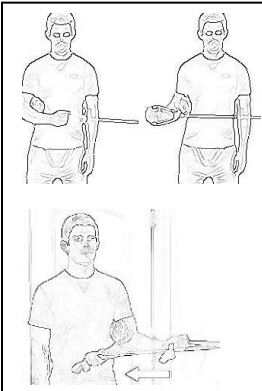




ROTATOR CUFF STRENGTHENING EXERCISES

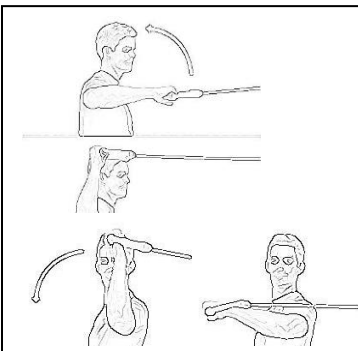
Shoulder External and Internal Rotation in Neutral



Hold elastic band at your side with your elbow bent and towel roll between your arm and body. Do not let the towel roll drop as you move your hand away from your body, as shown in the first picture. For the second exercise, turn around and perform in the opposite direction so that you are pulling your hand towards your body against the resistance of the band (second picture).

Repeat 10 times in each direction
Perform 3 sets per session
Perform 1-2 sessions per day

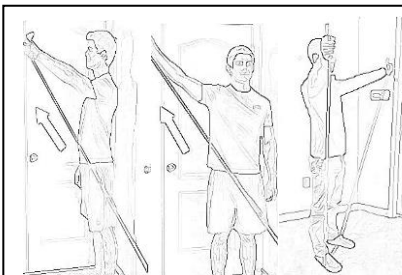
Shoulder External and Internal Rotation at 90/90 Position



Begin holding band as shown so your elbow and shoulder joints both form 90 degree angles. First, begin by facing the band and pulling your hand backwards towards your head (first picture). For the second exercise, turn around so you are facing away from the band and pull your hand forward/down (second picture). Keep elbow at shoulder height.

Repeat 15 times
Perform 3 sets per session
Perform 1-2 sessions per day

Resisted Should Flexion/Abduction/Scaption



In standing, holding an elastic band or a dumbbell, lift your arm directly in front of your body (picture 1), directly to your side (picture 2), and at a 45 degree angle from your body (picture 3). Ensure your thumb is pointing upwards with each exercise.

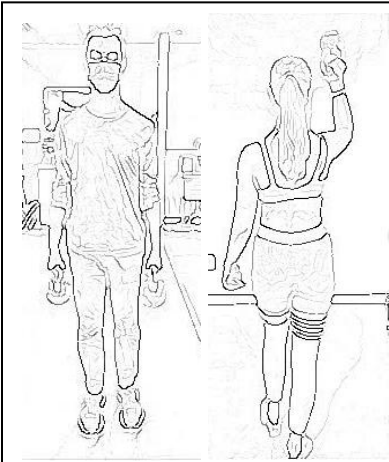
Perform 5-8 times each direction
Perform 3 sets per session
Perform 1 session per day





ROTATOR CUFF STRENGTHENING EXERCISES

Farmer's Carry and Waiter's Carry

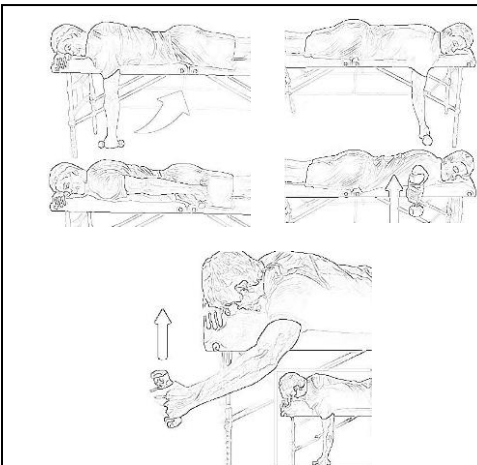


Farmer's Carry: Hold two dumbbells or kettlebells, grip tightly, and walk while attempting to keep your torso upright and avoid leaning to either side. (The weights should be heavy enough so that it is difficult to hold the weight at the end of the exercise)

Waiter's Carry: Hold a kettlebell or dumbbell as shown in the second picture so your shoulder and elbow form 90 degree angles. Walk, attempting to keep your shoulder at a 90 degree angle and keeping your torso upright.

Walk approximately 25 feet
Repeat 6 times per session
Repeat 1-2 sessions per day

Prone I/T/Y Exercise



Begin lying face down on a table or over an exercise ball.

I's (picture 1): With a dumbbell in your hand, bring your arm from hanging off the table/ball to your side. Return to resting position and repeat

T's (picture 2): With a dumbbell in your hand, bring your arm from hanging off the table/ball out to the side, so that your arm forms a "T" with your body.

Y's (picture 3): With a dumbbell in your hand bring your arm from hanging off the table/ball to an overhead position, so that your arm makes a "Y" with your body.

Perform 10 times in each direction
Perform 3 sets per session
Perform 1-2 sessions per day

