

ROTATOR CUFF / RANGE OF MOTION EXERCISES

The following exercises may be used as preventative and rehabilitative measures to help increase range of motion and strengthen the muscles of the rotator cuff. These exercises should not cause pain. If you feel any pain, stop exercising and begin again using a light weight or less resistance. Follow the instructions and photos closely to be sure you are in proper position. If discomfort persists, consult your physician.

Consult your physician before beginning any exercise program.

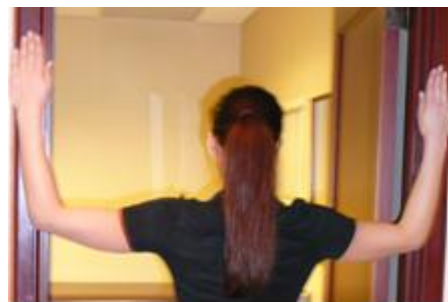
#1



- Stand facing doorway
 - Place palm of hand in doorframe
 - Gently lean into door, allowing arm to stretch overhead
 - Hold stretch for 10 seconds
 - Repeat 10 times
- Perform 3 sessions per day

#2

- Position arms in doorway as illustrated
 - Gently lean into the doorway for stretch
 - Hold stretch for 10 seconds
 - Repeat 10 times
- Perform 3 sessions per day



#3



- Stretch arm behind back as illustrated
 - Hold stretch for 10 seconds
 - Repeat 10 times
- Perform 3 sessions per day

#4

Posterior Shoulder Stretch:

- Stretch arm across the body as shown
- Hold stretch for 10 seconds
- Repeat 10 times

- Perform 3 sessions per day



#5



- Lie on your back with your arm straight up in the air.
- With a 4lb weight, move arm up toward the ceiling, maintaining a straight elbow.
- Return to start position and perform 3 sets of 10 repetitions.

- Perform 1 session per day.

#6



Side Lying External Rotation:

- While holding a 2lb weight, raise forearm toward ceiling keeping elbow bent in at side
- Perform 3 sets of 10 repetitions

- Perform 1 session per day

#7

Shoulder Shrugs

- Stand with arms at sides holding 8-10 lbs in each hand.
- Raise shoulders up, backward and down.
- Perform 3 sets of 10 repetitions.

- Perform 1 session per day.



#8



Shoulder Extension:

- Stand with one foot in front of the other.
 - Hold Theraband in each hand.
 - Pull bands back to hips, keeping elbows straight.
 - Perform 3 sets of 10 repetitions.
- Perform 1 session per day.

#9

Shoulder Internal Rotation:

- Place rolled towel between elbow and body.
 - Using Theraband and keeping elbow snug to side, rotate arm inward across body.
 - Be sure to keep forearm parallel to the floor.
 - Perform 3 sets of 10 repetitions.
- Perform 1 session per day.



#10



Shoulder External Rotation:

- Place rolled towel between elbow and body.
 - Using green Theraband and keeping elbow in at side,
 - Rotate arm away from body.
 - Be sure to keep forearm parallel to the floor.
 - Perform 3 sets of 10 repetitions.
- Perform 1 session per day.

#11

- Hold a 2lbs weight in your hand.
- Begin with arm at side, elbow straight, thumbs up.
- Raise arms in a position halfway between the front and side, to shoulder height.
- Return to start position.
- Perform 3 sets of repetitions.

- Perform 1 session per day.



#12



Overhead Press with Cane:

- Perform exercise in sitting position.
- Hold cane with your hands, arms at side, elbows bent.
- Lift cane upward, overhead.
- Return to start position.
- Keep cane as close to your face as possible while lifting and lowering.
- Perform 3 sets of 10 repetitions.
- Perform 1 session per day.