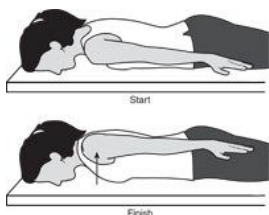


Rotator Cuff and Shoulder Conditioning Exercises

Scapula Setting

- Lie on your stomach with your arms by your sides
- Place a pillow under your forehead for comfort
- Gently draw your shoulder blades together & down your back as far as possible
- Ease about halfway off from this position & hold for 10 seconds



Repetitions: 10
 Days Per Week: 3

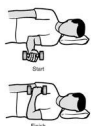
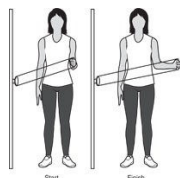
Tip: Do not tense up in your neck

Internal Rotation

- Make a 3-foot-long loop with the elastic band & tie the ends together
- Attach the loop to a doorknob or other stable object
- Stand holding the band with your elbow bent at 90° and at your side
- Bring your arm across your body

Repetitions: 3 sets of 10
 Days Per Week: 3

Tip: Keep your elbow pressed into your side



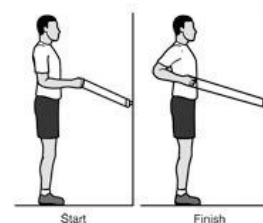
Alternate: Lie on your side with affected arm
 Elbow bent at a 90° & against your body. Slowly
 rotate your arm at the shoulder, raising the weight
 to a vertical position

Rows

- Make a 3-foot-long loop with the elastic band & tie the ends together
- Attach the loop to a doorknob / other stable object
- Stand holding the band with your elbow bent & at your side
- Keep your arm close to your side & slowly pull your elbow straight back

Repetitions: 3 sets of 10
 Days Per Week: 3

Tip: Squeeze your shoulder blades together as you pull

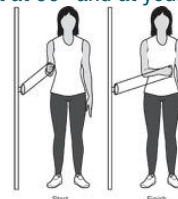


External Rotation

- Make a 3-foot-long loop with the elastic band & tie the ends together
- Attach the loop to a doorknob or other stable object
- Stand holding the band with your elbow bent at 90° and at your side
- Slowly rotate your arm outward

Repetitions: 3 sets of 10
 Days Per Week: 3

Tip: Squeeze your shoulder blades together as you pull



Alternate: Lie on your side with your
 unaffected arm under you. Elbow bent at 90°
 Slowly rotate your arm at the shoulder, raising
 weight to a vertical position

External Rotation with Arm Abducted at 90°

- Make a 3-foot-long loop with the elastic band and tie the ends together
- Attach the loop to a doorknob or other stable object
- Stand holding the band with your elbow bent 90° and raised to shoulder-height, as shown in the start position
- Keeping your shoulder and elbow level, slowly raise your hand until it is in line with your head

Repetitions: 3 sets of 10
 Days Per Week: 3

Tip: Make sure your elbow stays in line with your shoulder

