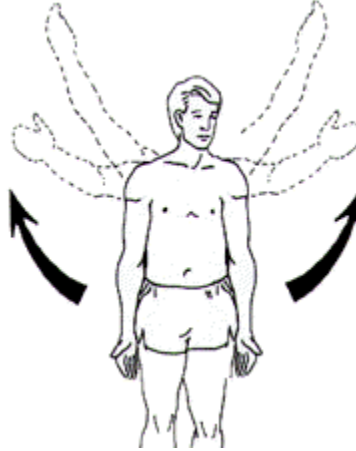


Rotator Cuff Strengthening Program



RAISE THE ARM UP **IN THE PLANE OF THE SHOULDER BLADES** (NOT DIRECTLY OUT TO THE SIDE) WITH THE THUMB POINTING UP. IF PERFORMING THE EXERCISE IN SITTING, IT IS BEST TO DO IT IN A CHAIR WITHOUT ARMS.

Repeat: 10 times **Sets:** 2

Hold Time: 5 secs **Resistance/Time:** 2-3lbs.1-2kgs

Sessions: 2 /day



BEND AT THE TRUNK AND SUPPORT YOURSELF WITH THE UNINVOLVED HAND. LOWER YOUR ARM TOWARD THE FLOOR AND THEN PULL YOUR ARM UP AS IF YOUR WERE PERFORMING A SAWING MOVEMENT.

Repeat: 10 times **Sets:** 2

Hold Time: 5 secs **Resistance/Time:** 5-8 lbs. 2-4 kgs

Sessions: 2 /day

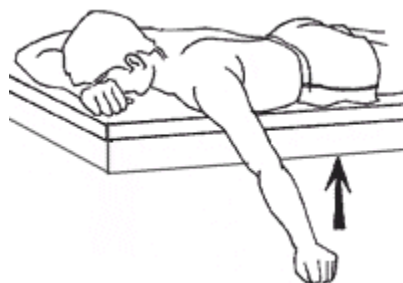


STAND AT ARMS LENGTH AWAY FROM THE WALL. LEAN INTO THE WALL AND THEN PRESS AWAY AS ILLUSTRATED.

Repeat: 10 times **Sets:** 2-3

Hold Time: 5 secs

Sessions: 2 /day

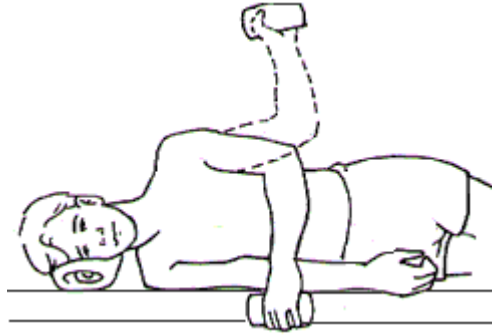


LYING ON YOUR STOMACH WITH YOUR ARM HANGING OFF THE BED RAISE YOUR ARM UP (STRAIGHT OUT TO THE SIDE) AS ILLUSTRATED.

Repeat: 10 times **Sets:** 2-3

Hold Time: 5 secs **Resistance/Time:** 1-2 lbs, 1-2 kgs.

Sessions: 2 /day



KEEPING YOUR ELBOW AT YOUR SIDE ROTATE YOUR FOREARM AND HAND AWAY FROM YOUR CHEST. NOTE THAT YOU SHOULD KEEP YOUR ELBOW AT A 90° ANGLE THROUGHOUT THE MOVEMENT.

Repeat: 10 times **Sets:** 2

Hold Time: 5 secs **Resistance/Time:** 2-3lbs.1-2kgs

Sessions: 2 /day



PLACE YOUR HANDS ON THE CHAIR OR THE ARM RESTS AND PRESS UP RAISING YOUR BOTTOM OFF THE CHAIR. USE YOUR LEGS TO ASSIST YOU AS NEEDED.

Repeat: 10 times **Sets:** 2

Hold Time: 5 secs **Resistance/Time:** None

Sessions: 2 /day