ORTHOPEDIC ASSOCIATES of HARTFORD
50 Years of Excellence

ROTATOR CUFF TENDINITIS

Home Exercises

SIDELYING INTERNAL ROTATION STRETCH - IR SLEEPER STRETCH

Start by lying on your side with the affected arm on the bottom. Your affected arm should be bent at the elbow and forearm pointed upwards towards the ceiling as shown.Next, use your unaffected arm to gently draw your affected forearm towards the table or bed for an inward stretch.

Hold, relax and repeat.

Repeat 3 Times ***Hold 30 Seconds***

Perform 1 Times a Day

POSTERIOR CAPSULE (Golfer Stretch)

Lie on your back.
Pull involved elbow across your body until a gentle stretch is felt.
Always keep wrist above the elbow.

Repeat 3 Times ***Hold 30 Seconds***

Complete 1 Set ***Perform 1 Times a Day***

PECTORALIS DOORWAY STRETCH - LOW

While standing in a doorway, place your arm downward on the door frame and lean in until a stretch is felt along the front of your chest and/or shoulder. Your arm should be pointed downward towards the floor along the door frame.

NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway.

Repeat 3 Times ***Hold 30 Seconds***

Complete 1 Set ***Perform 1 Times a Day***

DOORWAY STRETCH

While standing in a doorway, place your arms up on the door jam and place one foot forward through the doorway as shown. Next, bend the front knee until a stretch is felt along the front of your chest and/or shoulders. Your upper arms should be horizontal to the ground and forearms should lie up along the door frame.

NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway.

Repeat 3 Times ***Hold 30 Seconds***

Complete 1 Set ***Perform 1 Times a Day***

INFERIOR CAPSULE STRETCH

Slide elbow up length of the wall until you feel a good stretch of the shoulder capsule.

Repeat 3 Times ***Hold 30 Seconds***

Perform 1 Times a Day

PRONE ROWS

Lying face down with your elbows straight, slowly raise your arms upward while bending your elbows.

Repeat 10 Times ***Hold 1 Second***

Complete 3 Sets ***Perform 1 Times a Day***

PRONE EXTENSION

Lying face down with your elbows straight, slowly raise your arms upward while keeping your elbows straight.

Repeat 10 Times ***Hold 1 Second***

Complete 3 Sets ***Perform 1 Times a Day***

PRONE T - PALM DOWN

Lie face down with your elbow straight and arm dangling down towards the floor. Next, set your scapula by retracting it towards your spine and downward towards your feet. Then, slowly raise your arm keeping your elbow straight the entire time as shown.

Your palm should be directed downward as your arm raises.

Repeat 10 Times ***Hold 1 Second***

Complete 3 Sets ***Perform 1 Times a Day***

AROM SIDELYING ABDUCTION

While lying on your side and arm at your side, slowly raise up the arm towards overhead and away from your side.

Repeat 10 Times ***Hold 1 Second***

Complete 3 Sets ***Perform 1 Times a Day***

SIDELYING EXTERNAL ROTATION WITH TOWEL - ER

Lie on your side with your elbow bent to 90 degrees.
Place a rolled up towel between your arm and the side your body as shown.

Squeeze your shoulder blade back and down toward your buttocks and hold that position.

Next, roll your arm upwards from your stomach area towards the ceiling while maintaining your arm against the towel and with your shoulder blade held down and back the entire time. Lower your arm and repeat.

Repeat 10 Times ***Hold 1 Second***

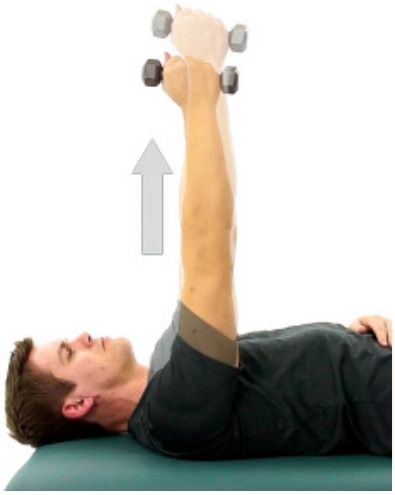
Complete 3 Sets ***Perform 1 Times a Day***

SCAPULAR PROTRACTION - FREE WEIGHT - SERRATUS PUNCHES

Lie on your back holding a small free weight or soup can with your arm extended out in front of your body and towards the ceiling. While keeping your elbow straight, protract your shoulders forward towards the ceiling and then lower back down in a control motion.

Do not allow your shoulder to raise towards your ears.

Keep your elbow straight the entire time.



Repeat 10 Times ***Hold 1 Second***

Complete 3 Sets ***Perform 1 Times a Day***

SHOULDER - ISOMETRIC EXTERAL ROTATION

Gently press your hand into a wall using the back side of your hand. Maintain a bent elbow the entire time.

Repeat 10 Times ***Hold 10 Seconds***

Complete 1 Sets ***Perform 1 Times a Day***

SHOULDER - ISOMETRIC INTERNAL ROTATION

Gently press your hand into a wall using the palm side of your hand. Maintain a bent elbow the entire time.

Repeat 10 Times ***Hold 10 Seconds***

Complete 1 Sets ***Perform 1 Times a Day***

SHOULDER - ISOMETRIC ABDUCTION

Gently push your elbow out to the side into a wall with your elbow bent.

Repeat 10 Times ***Hold 10 Seconds***

Complete 1 Set ***Perform 1 Times a Day***