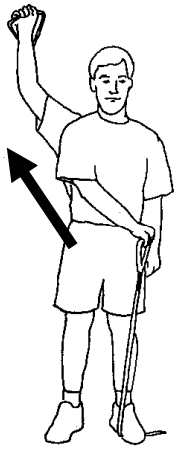
ROTATOR CUFF Strengthening

101. DIAGONAL LIFTS - D2:

Standing on one end of the elastic tubing, grasp the other end with the hand at the opposite hip pocket. The palm should be facing the body. Lift the arm in a diagonal pattern up and away from the starting point. The elbow should be kept at a right angle during the lift. Do not arch the back as you lift. Return to the starting position slowly - rapidly.

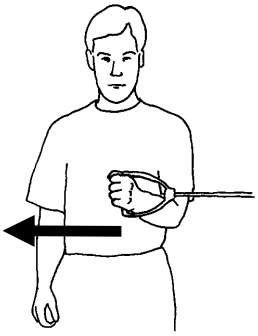
__ sets of ___ reps; __ times/day. Progress to ___ sets of ___ reps



102. INTERNAL ROTATION: with the arm at the side

Tubing tied securely in closed door. Elbow locked at side. Palm in. Rotate forearm in towards the body. Return to the starting position slowly - rapidly

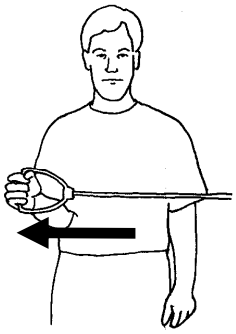
__ sets of ___ reps; __ times/day. Progress to ___ sets of ___ reps



103. EXTERNAL ROTATION: with the arm at the side

Tubing tied securely in closed door. Elbow locked at side. Palm in. Rotate
forearm away from body. Keep elbow at right angle at all times. Return to the starting position slowly -rapidly

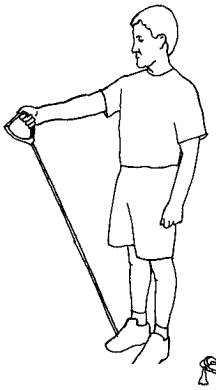
__ sets of ___ reps; __ times/day. Progress to ___ sets of ___ reps



104. SHOULDER SCAPTION:

Standing on one end of the tubing , grasp the other end with the thumb pointing up. Lift the arm up in the 2:00 plane (R) and 10:00 plane (L) with the elbow straight. The arc of motion should be _____. Return to the starting position slowly -rapidly.

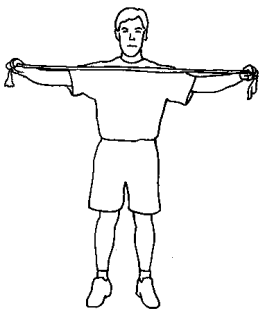
__ sets of ___ reps; __ times/day. Progress to ___ sets of ___ reps



105. SHOULDER PULL APARTS:

Grasp both ends of the tubing with the arms elevated to shoulder level. Pull the tubing apart as far as possible. The elbows should remain straight or slightly bent. Return to the starting position slowly -rapidly.

__ sets of ___ reps; __ times/day. Progress to ___ sets of ___ reps



GENERAL INSTRUCTIONS

- ☑ Slow, controlled motion unless otherwise instructed.
- ☑ Adjust the tension in the tubing to complete the required number of repetitions without substitution.
- ☑ Perform the indicated exercises _____ days/week

IMPINGEMENT SYNDROME
Rotator Cuff Strengthening

1. External Rotation
- Secure one end of band to a door or post.
- Place a small towel roll under your arm close to your elbow.
- Grasp the other end of the band with the palm facing in.
- Rotate the forearm away from the body while keeping your trunk still. Keep your upper arm still and the elbow at a right angle.

2. Short Arc Military Press
- Stand on one end of the band.
- Hold onto the other end of band with elbow bent and by your side.
- Push upwards a short amount until the hands are at the height of your ears.
- DO NOT raise your hand above this landmark.

3. Internal Rotation Isolation
- Attach the band at a point in front of you.
- Grab one end of the band and pull the arms in towards the chest.
- The upper arm remains still while the forearm rotates in towards the body.

4. Shoulder Pull Apart
- Grasp both ends of the band with arms elevated to shoulder level.
- Pull tubing apart as far as possible.
- Return to the starting position slowly

GENERAL INSTRUCTIONS

- ☑ Perform each exercise slowly and carefully. Stop if the exercise increases your symptoms.
- ☑ Perform the above indicated exercises 3 times a day, 20 repetitions each time, 7 days/week.
- ☑ Do not increase the resistance unless you can correctly and easily complete the maximum number of repetitions prescribed.

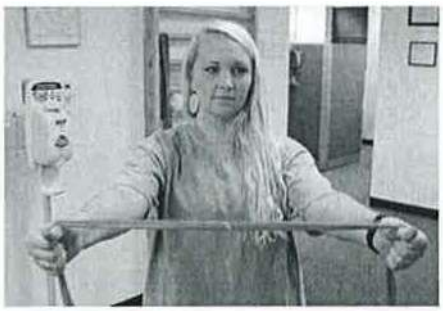
IMPINGEMENT SYNDROME
Rotator Cuff Strengthening

1. External Rotation
- Secure one end of band to a door or post.
- Place a small towel roll under your arm close to your elbow.
- Grasp the other end of the band with the palm facing in.
- Rotate the forearm away from the body while keeping your trunk still. Keep your upper arm still and the elbow at a right angle.

2. Short Arc Military Press
- Stand on one end of the band.
- Hold onto the other end of band with elbow bent and by your side.
- Push upwards a short amount until the hands are at the height of your ears.
- DO NOT raise your hand above this landmark.

3. Internal Rotation Isolation
- Attach the band at a point in front of you.
- Grab one end of the band and pull the arms in towards the chest.
- The upper arm remains still while the forearm rotates in towards the body.

4. Shoulder Pull Apart
- Grasp both ends of the band with arms elevated to shoulder level.
- Pull tubing apart as far as possible.
- Return to the starting position slowly



GENERAL INSTRUCTIONS

- ☑ Perform each exercise slowly and carefully. Stop if the exercise increases your symptoms.
- ☑ Perform the above indicated exercises 3 times a day, 20 repetitions each time, 7 days/week.
- ☑ Do not increase the resistance unless you can correctly and easily complete the maximum number of repetitions prescribed.