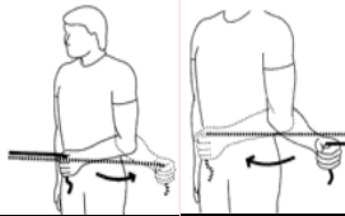


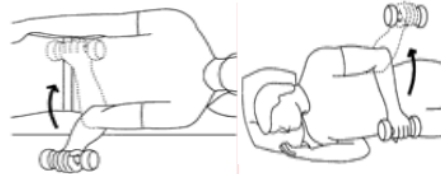
Rotator Cuff Home Exercises



External Rotation
 Secure elastic at waist level. Hold elbow at 90 degrees arm at side. Pull hand away from body as shown.

Internal Rotation
 Secure elastic at waist level. Hold elbow at 90 degrees arm at side. Pull hand across body as shown.

OR



Internal Rotation—Lie on involved side, elbow bent at 90 degrees, arm at side. With or without weight, pull hand inward across body, as shown.

External Rotation—Lie on side, involved side up. Arm at side, elbow bent, with or without weight. Move hand up as shown

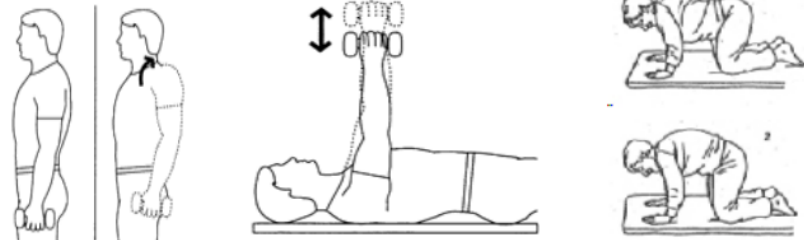


Rows— Seated or standing, bend elbows and pull elastic cord back. Try to pinch your shoulder blades behind you.

Upright Row - Do one arm at a time. While standing lean over a table. Bend at waist. Pull hand weight back, pulling shoulder blade back.

Low Trapezius-Stand upright. Grasp elastic bands. Keep elbows straight and pull. Try to reach behind you.

Chair Press— While seated press up on chair lifting body off chair. Try to keep



Shrugs—Stand with weights in hands. Roll shoulders back and hold.

Press Up - Lie on back, elbow locked straight, weights in hands. Move arm up toward ceiling as far as possible.

Pushup Plus - Do a pushup (either on your hands or forearms) and then really push to bring your spine to the ceiling.



Posterior Deltoid Exercise - Lying on stomach, with small weight in hand, lift arm to side and hold

Jackins' Exercises are designed for patients with difficulty with forward elevation. While lying on back lift arm over head, use the other arm to help, then use the arm alone, then add 1 or 2 lb weights and repeat. Then raise back 20 degrees and repeat sequence. Keep raising back 20 degrees and repeat sequence until upright