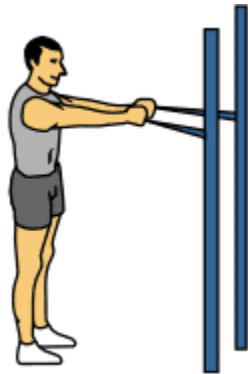


HEALTHY ROTATOR CUFF PART 1

Exercise



Retraction

- 1) Stand facing the bands.
- 2) Start position: Position arms perpendicular to body like the letter “T” with thumbs pointing up and elbows straight.
- 3) Pull arms back by squeezing shoulder blades together.
- 4) Return to start position.
- 5) Remember to keep head in neutral position.



Protraction

- 1) Lie face down on the floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
- 2) Place hands slightly wider than shoulder width, and feet should be at hip width with toes on floor.
- 3) Start position: Extend the elbows and raise the body off the floor.
- 4) Extend at the elbows and pressing up at the shoulders separating the shoulder blades and arching the upper back.
- 5) Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Avoid hyperextension of the low back.



Dumbbell Shoulder Raise

- 1) Lie back onto an incline bench (45° or less) with a DB in each hand. (You may rest each DB on the corresponding thigh.)
- 2) Start position: Bring the DB's to your shoulders. Press the DB's up directly above the head with palms facing forward.
- 3) Lower the DB's by retracting your shoulders. Then raise the shoulders toward the ceiling.
- 4) Return to starting position and repeat.



Seated Cable External Rotation

- 1) Adjust pulley to approximately waist height.
- 2) Stand 2-3 feet away from pulley or machine with the working arm facing away from pulley. Feet should be shoulder width apart with knees slightly bent.
- 3) Start position: Grasp handle and flex elbow 90° keeping elbow in at side. Forearm should be rotated inward with fist pointing towards pulley.
- 4) Rotate arm outward keeping elbow at 90°.
- 5) Return to start position.
- 6) Remember to keep elbow firmly secured to side. You may put a rolled towel between the elbow and side to facilitate rotation and secure form.



Shoulder Press (w/ plates)

- 1) Start position: Position weight plates to ear level with an overhand grip (palms facing forward).
- 2) Press hands up above head keeping wrists over the elbows and arms moving parallel to body at all times.
- 3) Return to start position.

HEALTHY ROTATOR CUFF PART 2



Seated Dumbbell Arnold Press

- Sit upright holding two dumbbells.
- Start position: Position DB's to ear level with an overhand grip (palms facing back).
- Press hands up and out laterally above head keeping wrists over the elbows and arms moving parallel to body at all times. Rotate hand during movement so that your palms are back facing forward at the top of the movement.
- Return to start position.
- Remember to keep back and head straight in a neutral position - hyperextension or excessive flexion may cause injury.
- Repeat with other arm.



Dumbbell Lateral Raise

1. Stand with feet shoulder width apart or sit on bench in upright position.
2. Start position: Grasp DB's with an underhand grip (palms facing forward). Arms should hang down at sides with elbows slightly bent.
3. Raise DB's to side of body at shoulder height. Keep elbows only slightly bent with thumbs pointing up throughout movement.
4. Return to start position.
5. Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement.



Cable Front Raise

- 1) Stand with feet hip width apart and knees slightly bent.
- 2) Start position: Grasp handle with a neutral grip. Arms should hang down at sides with elbows slightly bent.
- 3) Raise handle to front of body to shoulder height keeping elbows only slightly bent.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement.



Rear Delt Machine Fly (on pec dec w/ elbows)

1. Start position: Face into machine and place elbows against machine pads.
2. With elbows slightly bent and facing back bring hands back in semi-circular motion and squeeze shoulder blades together at top of movement.
3. Return to start position.
4. Remember to keep head in a neutral position.



Chest (wall)

Place an outstretched arm against a wall or doorway and lean forward with that shoulder. You should feel a stretch in your chest when you lean forward. Hold for the recommended number of seconds. Repeat with the other arm.



Broomstick Stretch

Place your right arm up next to your head and bent at a 90 degree position. Hold the other end of the broomstick with your left hand. Push with your left hand up and back so that your right chest/shoulder stretch. Repeat with the other arm.