

Rotator Cuff and Shoulder Conditioning Program

STRENGTHENING EXERCISES

6. Standing Row

Repetitions

3 sets of 8

Days per week

3

Main muscles worked: Middle and lower trapezius

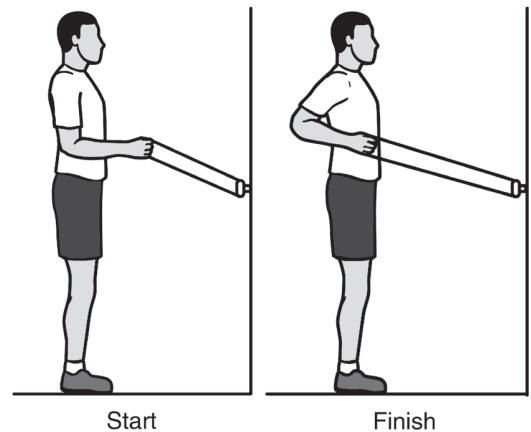
You should feel this exercise at the back of your shoulder and into your upper back

Equipment needed: Use an elastic stretch band of comfortable resistance. As the exercise becomes easier to perform, progress to 3 sets of 12 repetitions. If you have access to a fitness center, this exercise can also be performed on a weight machine. A fitness assistant at your gym can instruct you on how to use the machines safely.

Step-by-step directions

- Make a 3-foot-long loop with the elastic band and tie the ends together. Attach the loop to a doorknob or other stable object.
- Stand holding the band with your elbow bent and at your side, as shown in the start position.
- Keep your arm close to your side and slowly pull your elbow straight back.
- Slowly return to the start position and repeat.

Tip Squeeze your shoulder blades together as you pull.



7. External Rotation With Arm Abducted 90°

Repetitions

3 sets of 8

Days per week

3

Main muscles worked: Infraspinatus and teres minor

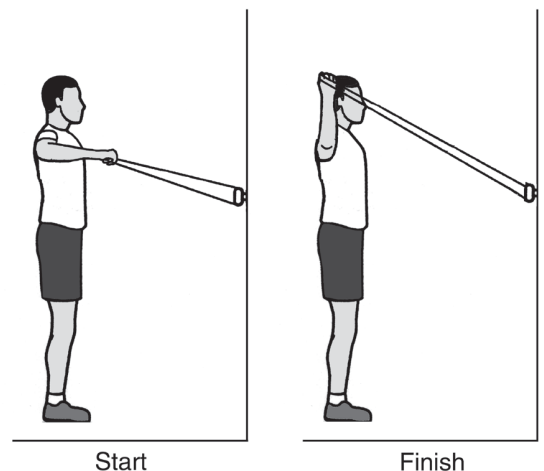
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Step-by-step directions

- Make a 3-foot-long loop with the elastic band and tie the ends together. Attach the loop to a doorknob or other stable object.
- Stand holding the band with your elbow bent 90° and raised to shoulder-height, as shown in the start position.
- Keeping your shoulder and elbow level, slowly raise your hand until it is in line with your head.
- Slowly return to the start position and repeat.

Tip Make sure your elbow stays in line with your shoulder.



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STRENGTHENING EXERCISES

8. Internal Rotation

Repetitions

3 sets of 8

Main muscles worked: Pectoralis, subscapularis
You should feel this exercise at your chest and shoulder

Days per week

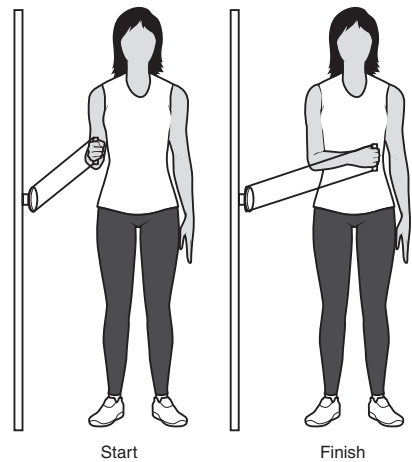
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Step-by-step directions

- Make a 3-foot-long loop with the elastic band and tie the ends together. Attach the loop to a doorknob or other stable object.
- Stand holding the band with your elbow bent and at your side, as shown in the start position.
- Keep your elbow close to your side and bring your arm across your body.
- Slowly return to the start position and repeat.

Tip Keep your elbow pressed into yourside.



9. External Rotation

Repetitions

3 sets of 8

Main muscles worked: Infraspinatus, teres minor, posterior deltoid
You should feel this stretch in the back of your shoulder and upper back

Days per week

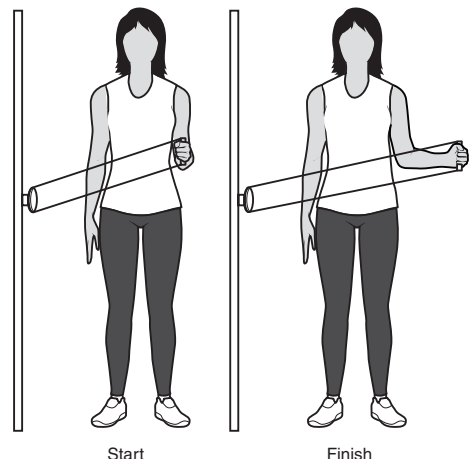
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Step-by-step directions

- Make a 3-foot-long loop with the elastic band and tie the ends together. Attach the loop to a doorknob or other stable object.
- Stand holding the band with your elbow bent and at your side, as shown in the start position.
- Keeping your elbow close to your side, slowly rotate your arm outward.
- Slowly return to the start position and repeat.

Tip Squeeze your shoulder blades together when you pull your elbow back.



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STRENGTHENING EXERCISES

10. Elbow Flexion

Repetitions
3 sets of 8
Days per week
3

Main muscles worked: Biceps
You should feel this exercise at the front of your upper arm

Equipment needed: Begin with a weight that allows 3 sets of 8 repetitions and progress to 3 sets of 12 repetitions. As the exercise becomes easier, add weight in 1-pound increments to a maximum of 5 pounds. Each time you increase the weight, start again at 3 sets of 8 repetitions.

Step-by-step directions

- Stand tall with your weight evenly distributed over both feet.
- Keep your elbow close to your side and slowly bring the weight up toward your shoulder as shown.
- Hold for 2 seconds.
- Slowly return to the starting position and repeat.



Tip Do not do the exercise too quickly or swing your arm.

11. Elbow Extension

Repetitions
3 sets of 8
Days per week
3

Main muscles worked: Triceps
You should feel this exercise at the back of your upper arm

Equipment needed: Begin with a weight that allows 3 sets of 8 repetitions and progress to 3 sets of 12 repetitions. As the exercise becomes easier, add weight in 1-pound increments to a maximum of 5 pounds. Each time you increase the weight, start again at 3 sets of 8 repetitions.

Step-by-step directions

- Stand tall with your weight evenly distributed over both feet.
- Raise your arm and bend your elbow with the weight behind your head. Support your arm by placing your opposite hand on your upper arm.
- Slowly straighten your elbow and bring the weight overhead.
- Hold for 2 seconds.
- Slowly lower your arm back down behind your head and repeat.



Tip Keep your abdominal muscles tight and do not arch your back.

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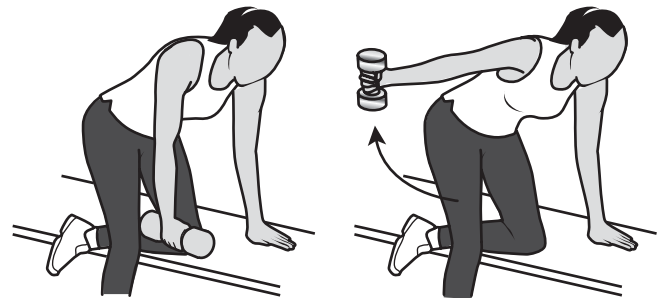
STRENGTHENING EXERCISES

12. Trapezius Strengthening

Repetitions	Main muscles worked: Middle and posterior deltoid, supraspinatus, middle trapezius You should feel this exercise at the back of your shoulder and into your upper back
3 sets of 20	
Days per week	Equipment needed: Begin with a light enough weight to allow 3 to 4 sets of 20 repetitions without pain. As the exercise becomes easier to perform, add 2 to 3 pounds of weight, but do fewer repetitions. Progress to 3 sets of 15 repetitions at each weight increment, with the maximum weight approximately 5 to 7 pounds.
3 to 5	

Step-by-step directions

- Place your knee on a bench or chair and lean forward so that your hand reaches the bench and helps support your weight. Your other hand is at your side, palm facing your body.
- Slowly raise your arm, rotating your hand to the thumbs-up position and stopping when your hand is shoulder height, with your arm parallel to the floor.
- Slowly lower your arm to the original position to a count of 5.



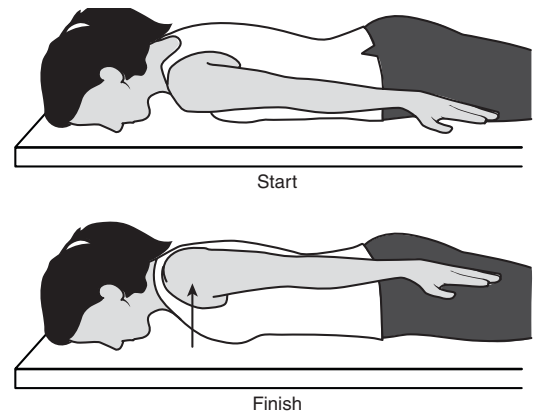
Tip Use a weight that makes the last few repetitions difficult, but pain-free.

13. Scapula Setting

Repetitions	Main muscles worked: Middle trapezius, serratus You should feel this exercise in your upper back, at your shoulder blade
10	
Days per week	Equipment needed: None
3	

Step-by-step directions

- Lie on your stomach with your arms by your sides. Place a pillow under your forehead for comfort, if required.
- Gently draw your shoulder blades together and down your back as far as possible.
- Ease about halfway off from this position and hold for 10 seconds.
- Relax and repeat 10 times.



Tip Do not tense up in your neck.

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STRENGTHENING EXERCISES

14. Scapular Retraction/Protraction

Repetitions
2 sets of 10

Days per week
3

Main muscles worked: Middle trapezius, serratus
You should feel this exercise in your upper back at your shoulder blade

Equipment needed: Begin with a weight that allows 2 sets of 8 to 10 repetitions and progress to 3 sets of 15 repetitions. As the exercise becomes easier, add weight in 1-pound increments to a maximum of 5 pounds. Each time you increase the weight, start again at 2 sets of 8 to 10 repetitions.

Step-by-step directions

- Lie on your stomach on a table or bed with your injured arm hanging over the side.
- Keep your elbow straight and lift the weight slowly by squeezing your shoulder blade toward the opposite side as far as possible.
- Return slowly to the starting position and repeat.



Tip Do not shrug your shoulder toward your ear.

15. Bent-Over Horizontal Abduction

Repetitions
3 sets of 8

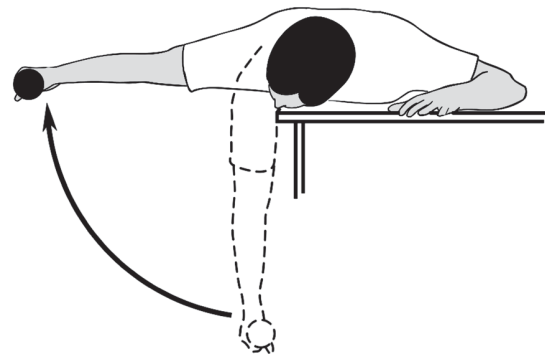
Days per week
3

Main muscles worked: Middle and lower trapezius, Infraspinatus, teres minor, posterior deltoid
You should feel this exercise at the back of your shoulder and into your upper back

Equipment needed: Begin with a weight that allows 3 sets of 8 repetitions and progress to 3 sets of 12 repetitions. As the exercise becomes easier, add weight in 1-pound increments to a maximum of 5 pounds. Each time you increase the weight, start again at 3 sets of 8 repetitions.

Step-by-step directions

- Lie on your stomach on a table or bed with your injured arm hanging over the side.
- Keep your arm straight and slowly raise it up to eye level.
- Slowly lower it back to the starting position and repeat.



Tip Control the movement as you lower the weight.

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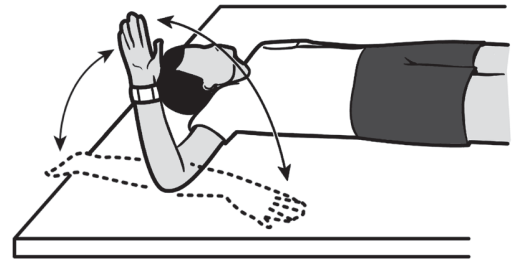
STRENGTHENING EXERCISES

16. Internal and External Rotation

Repetitions	Main muscles worked: <i>Internal rotation:</i> anterior deltoid, pectoralis, subscapularis, latissimus. <i>External rotation:</i> posterior deltoid, infraspinatus, teres minor You should feel this exercise in the front and back of your shoulder, your chest, and upper back
3 to 4 sets of 20	
Days per week	Equipment needed: Begin with a light enough weight to allow 3 to 4 sets of 20 repetitions without pain. As the exercise becomes easier to perform, add 2 to 3 pounds of weight, but do fewer repetitions. Progress to 3 sets of 15 repetitions at each weight increment, with the maximum weight approximately 5 to 7 pounds.
3 to 5	

Step-by-step directions

- Lie on your back on a flat surface.
- Extend your arm straight out from the shoulder and bend the elbow 90° so that your fingers are pointed up.
- Keeping your elbow bent and on the floor, slowly move your arm in the arc shown. Bring your elbow down to a 45° angle if you experience pain at 90°.



Tip Use a weight that makes the last few repetitions difficult, but pain-free.

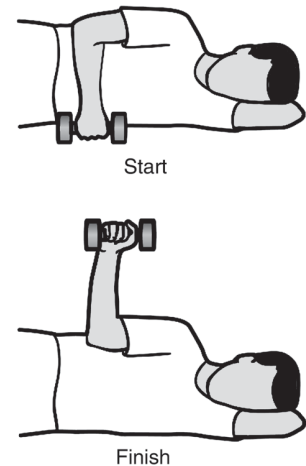
17. External Rotation

Repetitions	Main muscles worked: Infraspinatus, teres minor, posterior deltoid You should feel this stretch in the back of your shoulder and upper back
2 sets of 10	
Days per week	Equipment needed: Begin with weights that allow 2 sets of 8 to 10 repetitions (approximately 1 to 2 pounds), and progress to 3 sets of 5 repetitions. As the exercise becomes easier, add weight in 1-pound increments to a maximum of 5 pounds. Each time you increase the weight, start again at 2 sets of 8 to 10 repetitions.
3	

Step-by-step directions

- Lie on your side on a firm, flat surface with your unaffected arm under you, cradling your head.
- Hold your injured arm against your side as shown, with your elbow bent at a 90° angle.
- Keep your elbow against your side and slowly rotate your arm at the shoulder, raising the weight to a vertical position.
- Slowly lower the weight to the starting position to a count of 5.

Tip Do not let your body roll back as you raise the weight.



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STRENGTHENING EXERCISES

18. Internal Rotation

Repetitions	Main muscles worked: Subscapularis, teres major You should feel this stretch in the front of your shoulder
2 sets of 10	
Days per week	Equipment needed: Begin with weights that allow 2 sets of 8 to 10 repetitions (approximately 1 to 2 pounds), and progress to 3 sets of 5 repetitions. As the exercise becomes easier, add weight in 1-pound increments to a maximum of 5 pounds. Each time you increase the weight, start again at 2 sets of 8 to 10 repetitions.
3	

Step-by-step directions

- Lie on a firm, flat surface on the side of your affected arm. Place a pillow or folded cloth under your head to keep your spine straight.
- Hold your injured arm against your side as shown, with your elbow bent at a 90° angle.
- Keep your elbow bent and against your body and slowly rotate your arm at the shoulder, raising the weight to a vertical position.
- Slowly lower the weight to the starting position.

Tip Do not let your body roll back as you raise the weight.

