

Phone: 304-767-7790

Fax: 304-766-7566

Shoulder & Rotator Cuff Conditioning Program

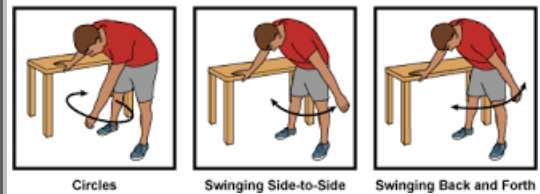
Purpose: To strengthen and stretch your muscles surrounding the shoulder to regain normal motion and pain-free function.

Length: 4-6 weeks unless otherwise instructed.

1. Pendulum:

- ✓ Lean forward and place one hand on a counter or table for support. Let your other arm hang freely at your side.
 - ✓ Gently swing your arm forward and back. Repeat the exercise moving your arm side-to-side, and repeat again in a circular motion - 10 circles in each direction 3 times each.
 - ✓ Repeat the entire sequence with the other arm.
- *Tip: Do not round your back or lock your knees.

Pendulum Exercises



2. Crossover Arm Stretch:

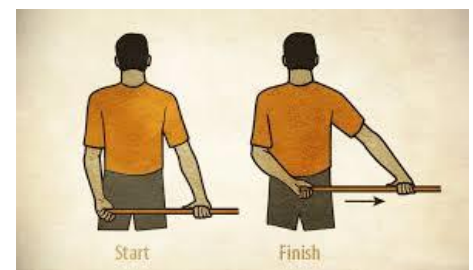
- ✓ Relax your shoulders and gently pull one arm across your chest as far as possible, holding at your upper arm.
 - ✓ Hold the stretch for 30 seconds and then relax for 30 seconds.
 - ✓ Repeat exercise 3 times. Repeat with other arm.
- *Tip: Do not pull or put pressure on your elbow.



Crossover Arm Stretch

3. Passive Internal Rotation:

- ✓ Hold a stick behind your back with one hand, and lightly grasp the other end of the stick with your other hand.
 - ✓ Pull the stick horizontally as shown so that your shoulder is passively stretched to the point of feeling a pull without pain.
 - ✓ Hold for 30 seconds and then relax for 30 seconds.
 - ✓ Repeat exercise 3 times. Repeat on other side.
- *Tip: Do not lean over or twist to side while pulling the stick. Any stick will work, ex. mop or broom handle.



4. Passive External Rotation:

- ✓ Grasp the stick with one hand and cup the other end of the stick with the other hand.
 - ✓ Keep the elbow of the shoulder you are stretching against the side of your body and push the stick horizontally as shown to the point of feeling a pull without pain.
 - ✓ Hold for 30 seconds and then relax for 30 seconds.
 - ✓ Repeat exercise 3 times. Repeat on other side.
- *Tip: Keep your hips facing forward and do not twist.



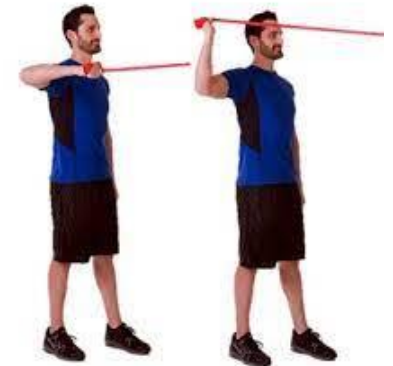
5. Standing Row:

- ✓ 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 3 times.
*Tip: Squeeze your shoulder blades together as you pull.
Band can be purchased at drugstore, ex. Theraband.



6. Upward External Rotation:

- ✓ Make a 3-foot-long loop with the elastic band and tie the ends together. Attach the loop to the 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 3 times.
*Tip: Make sure your elbow stays in line with your shoulder.



7. Internal Rotation:

- ✓ Make a 3-foot-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 3 times.
*Tip: Keep your elbow pressed into your side.



8. External Rotation:

- ✓ Make a 3-foot-long loop with the elastic 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 3 times.
*Tip: Squeeze your shoulder blades together when you pull your elbow back.

