

Rotator Cuff Exercises

These exercises may be used after rotator cuff injury to the shoulder or for strengthening the shoulder.

- Do these exercises while lying face down on an exercise table or other sturdy surface where your arm can hang down.
- Turn your head toward the shoulder you are exercising.
- Do not lift your arm higher than shoulder height for these exercises.

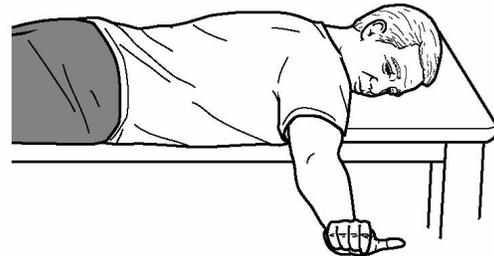
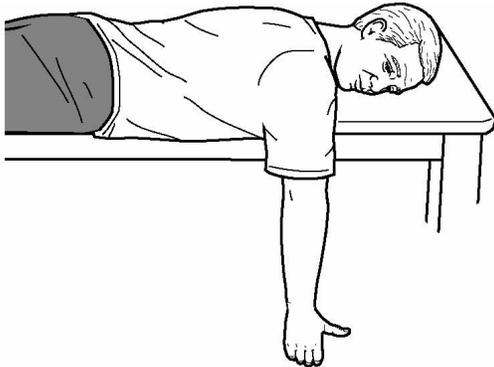
Repeat each exercise ____ times. Hold each position for 2 to 5 seconds. Do these exercises ____ times each day.

Exercises

- Start with your arm hanging down over the side of the table with your thumb pointed towards your head. Your elbow should be straight.

Lift your arm straight out to the side to table top level.

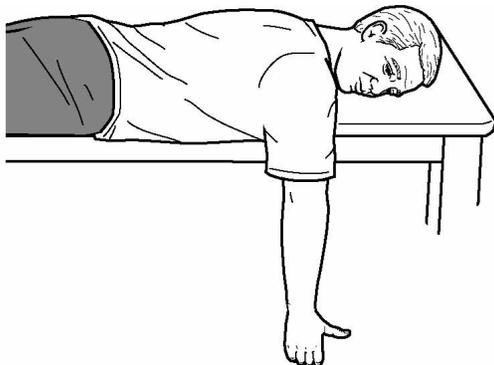
Hold, then lower your arm and repeat.



- Start with your arm hanging down over the side of the table, elbow straight with your thumb pointed towards your head.

Lift your arm at an angle towards your head to table height.

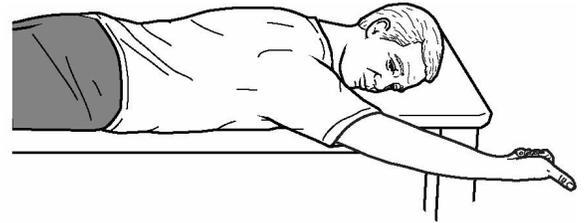
Hold and then lower your arm to start position.



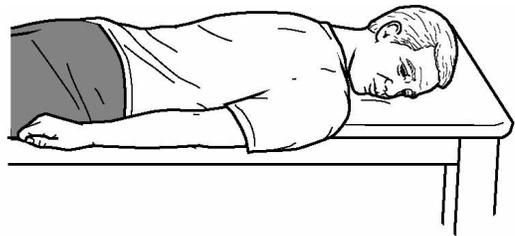
- ❑ Start with arm down, elbow straight and thumb pointed out.
Lift your arm straight up to your side to shoulder height.
Hold, then lower your arm and repeat.



- ❑ Start with arm down, elbow straight and thumb pointed out, away from your body.
Lift your arm at an angle towards your head to table height.
Hold, then lower your arm and repeat.



- ❑ Start with your arm down, thumb pointed out and elbow straight.
Lift your arm back to bring it up along your side at table height.
Hold and then lower your arm to the start position.



- ❑ Start with your elbow bent at 90 degrees, hanging down from the table.
Keeping your elbow bent, lift your hand up as high as you can to table height.
Hold then lower your arm and repeat.

