

Rotator Cuff Strengthening



Dr. Julious (Jody) P. Smith, III

Diagonal Lifts

Standing on one end of the elastic tubing, grasp the other end with the hand at the opposite hip pocket. The palm should be facing the body. Lift the arm in a diagonal pattern up and away from the starting point. The elbow should be kept at a right angle during the lift. Do not arch the back as you lift. Return to the starting position slowly – rapidly.

___ sets of ___ reps; ___ times/day
Progress to ___ sets of ___ reps

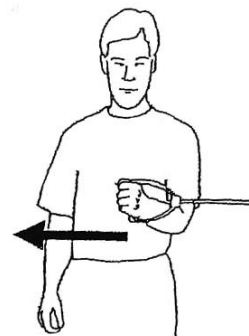


Internal Rotation

With the arm at the side

Tubing tied securely in closed door. Elbow locked at side. Palm in. Rotator forearm in towards the body. Return to the starting position slowly – rapidly.

___ sets of ___ reps; ___ times/day
Progress to ___ sets of ___ reps

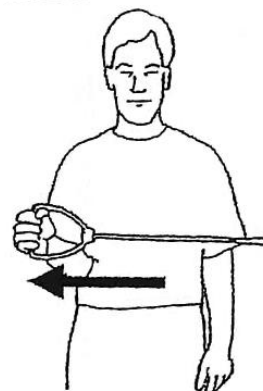


External Rotation

With the arm at the side

Tubing tied securely in closed door. Elbow locked at side. Palm in. Rotate forearm away from body. Keep elbow at right angle at all times. Return to the starting position slowly – rapidly.

___ sets of ___ reps; ___ times/day
Progress to ___ sets of ___ reps



*If you have any problems or questions,
please call your doctor's office (8am-5pm).*

Answering service for after hours.

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Shoulder Scaption

Standing on one end of the tubing, grasp the other end with the thumb pointing up. Lift the arm up in the 2:00 plane (R) and the 10:00 plane (L) with the elbow straight. The arm of the motion should be _____. Return to the starting position slowly – rapidly.

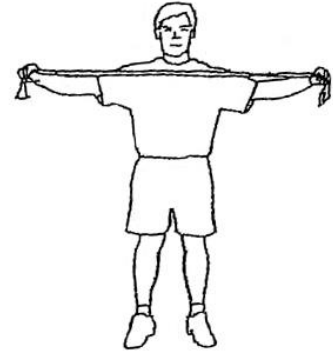
____ sets of ____ reps; ____ times/day
Progress to ____ sets of ____ reps



Shoulder Pull Aparts

Grasp both ends of the tubing with the arms elevated to shoulder level. Pull the tubing apart as far as possible. The elbows should remain straight or slightly bent. Return to the starting position slowly – rapidly.

____ sets of ____ reps; ____ times/day
Progress to ____ sets of ____ reps



General Instructions

- Slow, controlled motion unless otherwise instructed
- Adjust the tension in the tubing to complete the required number of repetitions without substitution.
- Perform the indicated exercises _____ days/week.