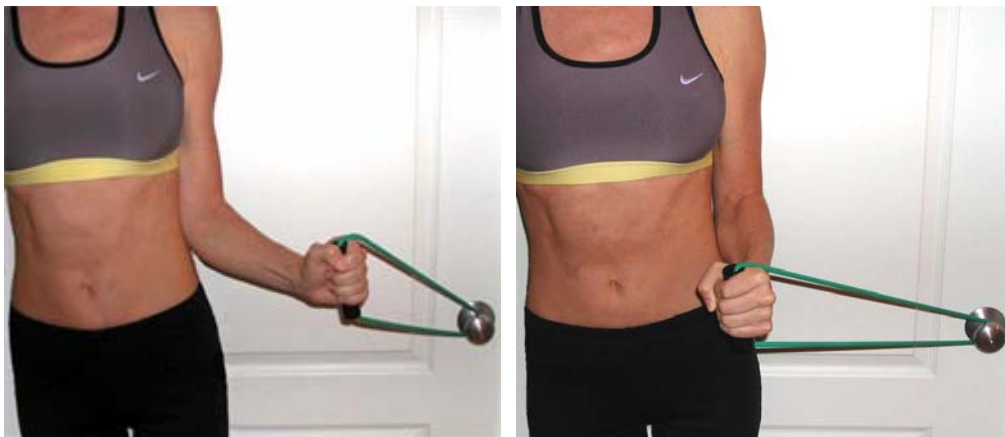


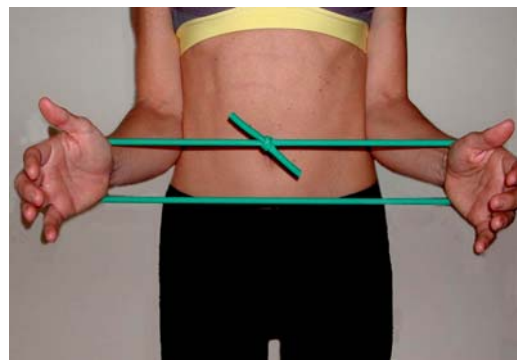
ROTATOR CUFF strengthening

These exercises should be done at least **3** times a day. Warm up first with a hot shower, heating pad or hot water bottle. If you need pain medication take it about one half hour before you exercise. You should have some pain with the exercises but it should last only 10 or 15 minutes. It should take only 10 or 15 minutes to do all your exercises.



INTERNAL ROTATION:
with rubber around doorknob and in hand of operated arm, facing away from door, pull hand inward and hold 5-10 seconds. **KEEP ELBOW FORWARD AND TIGHT TO SIDE!** Relax. Repeat 10 times.

EXTERNAL ROTATION:
with rubber around both wrists and elbows flexed 90°, rotate arms outward stretching rubber. Hold for 5-10 seconds, relax. Repeat 10 times. (try to keep elbows close to your body)



GYM PRECAUTIONS:

A good rule of thumb is to keep your hands in your peripheral vision at all times. Avoid any pain in or around the shoulder. This usually occurs at the extreme ends of range.

- Shoulder dips, military press, upright rows and lateral flies should be **completely avoided**.
- Bench press is usually painful as the weight comes down to the chest. When using free weights modify your range of motion by limiting the weight from coming all the way down to your chest. When using a machine, gap the weight. A push-up is equivalent to a bench press so modify your range of motion accordingly.
- Lat pull-down should be done by pulling the bar in front of your head instead of behind. Remember the rule...keep your hands in your peripheral vision at all times.
- Instead of performing overhead triceps extension these should be done on a lat bar keeping arms down at your side.
- When performing pec flies while lying on your back, your hands should stay in your peripheral vision. When using a machine, gap the weight.
- Do not neglect your rotator cuff strengthening exercises as these are a key to a pain free shoulder.