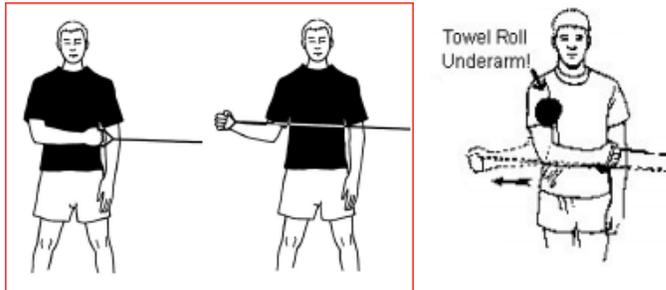


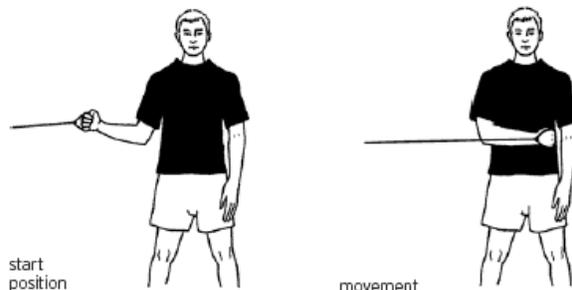
Mild Rotator Cuff Strain Rehabilitation

All exercises should be done 3-4x / week

- At this level of rehab, use a light theraband (red or green), with light to moderate tension. Your shoulder may feel a bit tired after the exercises, but should not hurt. These exercises are meant to build strength in the small rotator cuff muscles, but not exhaust the shoulder.
- If your shoulder starts to hurt during these exercises, then STOP!
- **External rotation** - Tie the theraband at waist height to a locked door handle. Hold onto the theraband and bend your elbow to 90 degrees and rest your elbow against your waist. Place a small rolled-up towel near your arm pit and squeeze it into your side throughout the exercise. Starting with your hand near your abdomen, pivot your shoulder so that your hand moves out to the side, keeping your elbow against your waist. Slowly return to the starting position. Perform 3 sets of 10 with both arms.



- **Internal Rotation** - Start in the same position as above, but turn your body 180 degrees. Starting with your hand away from your body and your elbow at your side, slowly pivot your shoulder so that your hand moves towards your stomach and the band tension increases. Slowly return to the starting position. Perform 3 sets of 10 with both arms.





- **Diagonal Arm Raise (Lower trap)** - Start with one end of a theraband under your left foot and the other end in your right hand. Position your right hand near your left hip to start. Slowly raise your right arm diagonally across your body so that it ends up overhead and to the right. Slowly lower to the starting position. Throughout this motion focus on keeping the top of your shoulder relaxed and engage the muscles just below your shoulder blade. Perform 3 sets of 10 with both arms.



- **Bent over rows** – Place the middle of the theraband under your feet, with one end in each hand. Bend over from the waist, and keep a slight bend in both knees. Start with your hands reaching towards the floor and your arms straight. Slowly bend your elbows and raise them towards the ceiling. Squeeze your shoulder blades together. Slowly return to the starting position. Perform 3 sets of 10.





- **Push-up Plus** – Start in a push-up position against the wall. Push your hands firmly into the wall, causing your upper back to slightly round and your shoulder blades to move out to the sides (right side picture below). Then, relax and let your shoulder blades come closer together (left side picture below). To make this exercise more challenging, start in a push up position on the ground, and add a push up to the beginning of this exercise. Repeat for 3 sets of 10.



- **Serratus anterior wall slides with band and foam roller**- Place a theraband loop around your wrists or hands (as shown below). Keep your elbows shoulder-width apart, your forearms parallel, and press your forearms into a foam roller on the wall. Start the exercise with your elbows at shoulder height. Slowly roll the foam roller up the wall by straightening your elbows. Make sure to keep your forearms parallel the entire time (do not let your hands come together). Slowly return to the starting position and repeat. Repeat for 2 sets of 5.

