

## Shoulder / Rotator Cuff Home Exercises

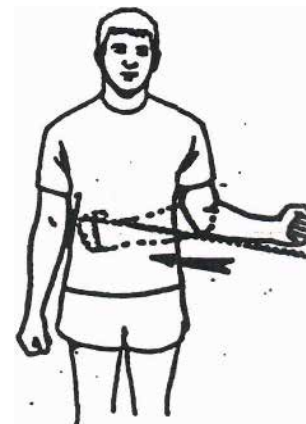
SHOULDER  
Strengthening Activities Active Resistive  
External Rotation

Using tubing, and keeping elbow in at side, rotate arm outward away from body. Be sure to keep forearm parallel to floor.



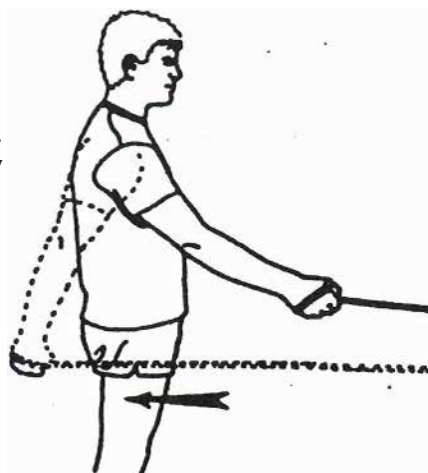
SHOULDER-  
Strengthening Activities Active Resistive  
Internal Rotation

Using tubing, and keeping elbow in at side, rotate arm inward across body. Be sure to keep forearm parallel to floor.



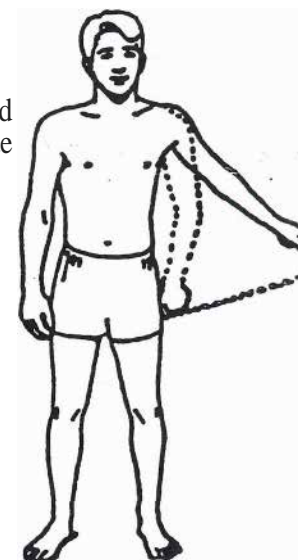
SHOULDER –  
Strengthening Activities  
Active Resistive Extension

Using tubing, pull arm back. Be sure to keep elbow straight



SHOULDER-  
Strengthening Activities Active  
Resistive Adduction

Using tubing, pull arm in toward buttock. Do not twist or rotate trunk.



- \* Perform one session of these exercises in the A.M./ one in the P.M.
- \* Ice the injured body part for 15-20 minutes after these exercises.
- \* Exercises should be somewhat challenging. If too easy/ increase tension on tubing. If too difficult/ decrease tension.

If any of these exercises cause pain, stop performing them and contact our office. Rubber tubing may be purchased inexpensively at most physical therapy places