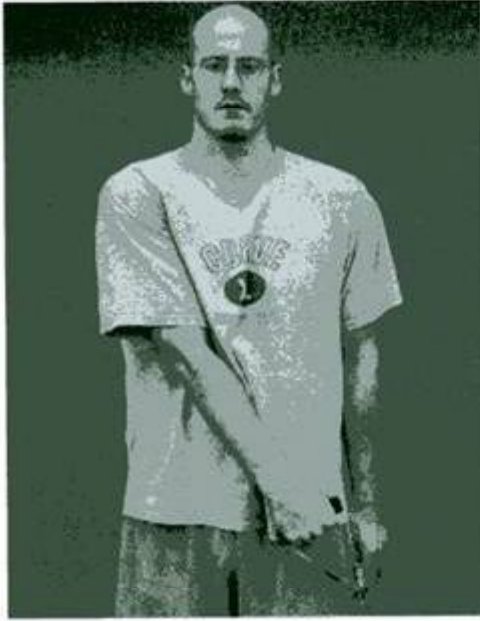
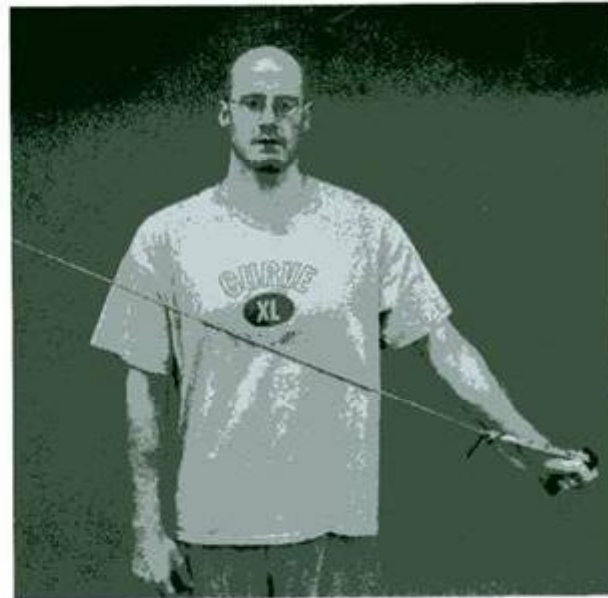
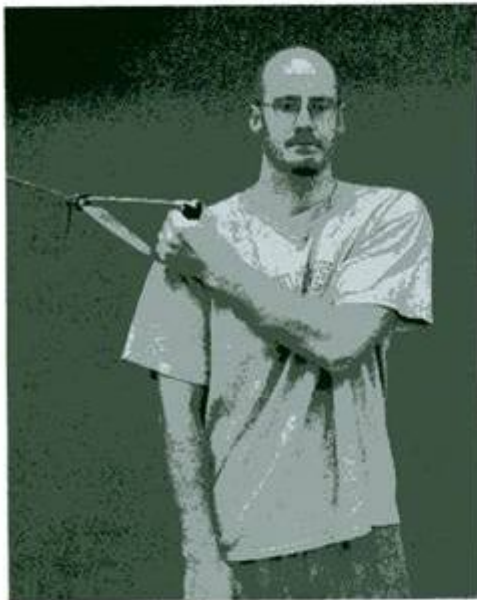


Rotator Cuff Exercises

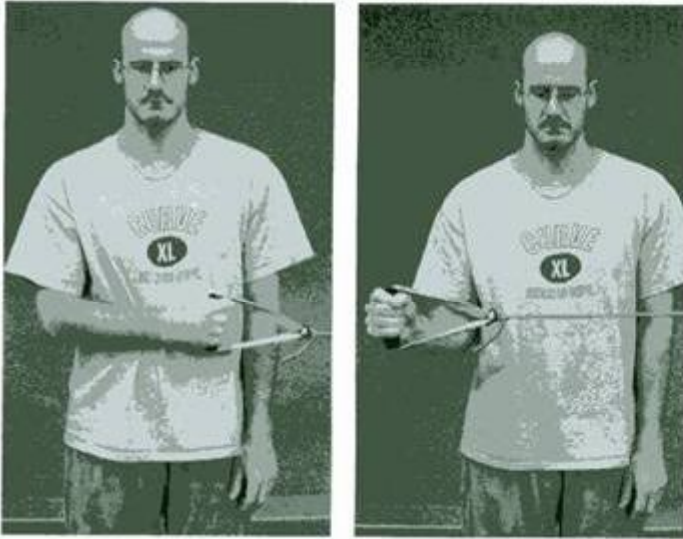


1. **Tubing D2 PNF Flexion** - Affix surgical tubing to the floor near opposite foot. Stand facing the tubing. Involved hand will grip the tubing, across the body, near the opposite hip, with the thumb pointing toward the hip. Rotate the thumb so that it points behind you as you raise your arm toward the ceiling. Rotate the thumb back in toward your pocket as you return to the starting position.

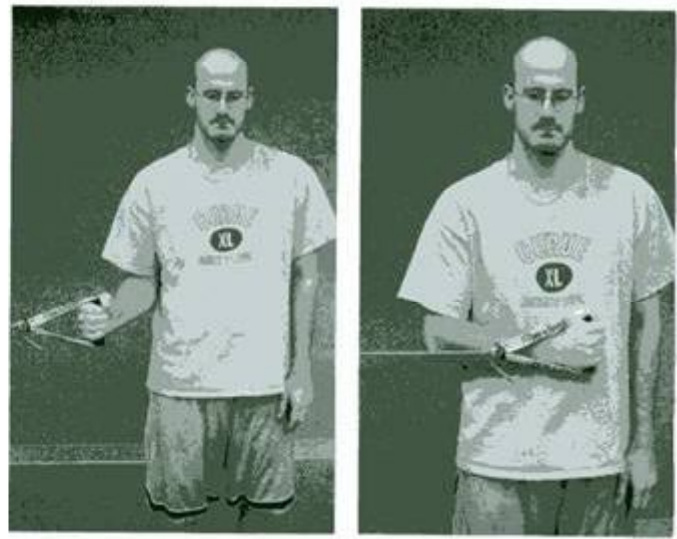


2. **Tubing D2 PNF Extension** - Affix surgical tubing above shoulder height. Stand with your back to the tubing. Hold tubing in hand with the arm pointed toward the ceiling and thumb pointing behind you. Rotate the thumb in toward your pocket as you pull the tubing down toward your opposite pocket. Rotate the thumb back behind you as you return to the starting position.

Rotator Cuff Exercises



3. Tubing ER @0 Degrees of Abduction - Affix a piece of surgical tubing to the wall at elbow height. Stand with your throwing arm opposite the tubing side with the shoulder abducted to 0 degrees, the elbow bent to 90 degrees and hand pointing toward the tubing. Keeping the elbow tucked, quickly rotate the forearm until the hand is pointing straight ahead, then quickly return to the starting position.



4. Tubing IR @ 0 degrees of Abduction - Affix a piece of surgical tubing to the wall at elbow height. Stand with your throwing arm on the tubing side with the shoulder abducted to 0 degrees, the elbow bent to 90 degrees and the hand pointing straight ahead. Keeping the elbow tucked, quickly rotate the forearm until the palm is facing the body, then quickly return to the starting position.



5. Tubing IR @ 90 degrees of Abduction - Affix a piece of surgical tubing to the wall at about head height. Stand with your back to the tubing, the shoulder abducted to 90 degrees, elbow bent to 90 degrees, and the hand pointing up to the ceiling. Keeping the shoulder abducted, quickly rotate the shoulder forward until the forearm is parallel with the ground, then return to the starting position.

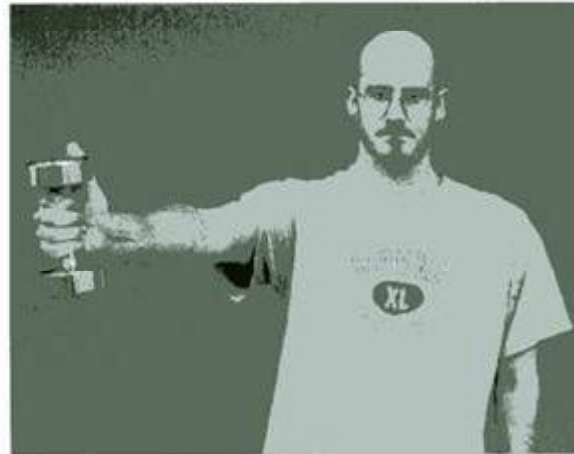
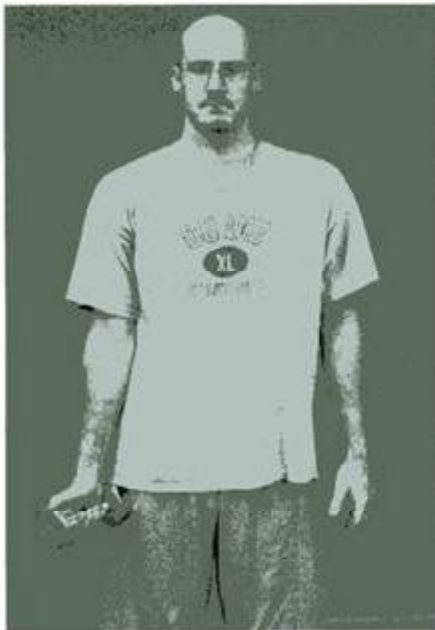


6. Tubing ER @ 90 degrees of Abduction - Affix a piece of surgical tubing to the wall at shoulder height. Stand facing the tubing with the shoulder abducted to 90 degrees, elbow bent to 90 degrees, and the hand pointing straight ahead. Keeping the shoulder abducted, quickly rotate the shoulder until the hand is pointing up to the ceiling, then return to the starting position.

Rotator Cuff Exercises



7. Dumbbell Lateral Raise - Stand with a dumbbell in each hand, palms facing toward the body. Raise the arm out to the side with the palms facing downward, stopping at shoulder level. Slowly return to the starting position.



8. Supraspinatus Raise (full can) - Stand with arm straight and thumb pointing at 45 degrees away from the body. Raise the arm to shoulder level. Slowly return to the starting position.

Rotator Cuff Exercises

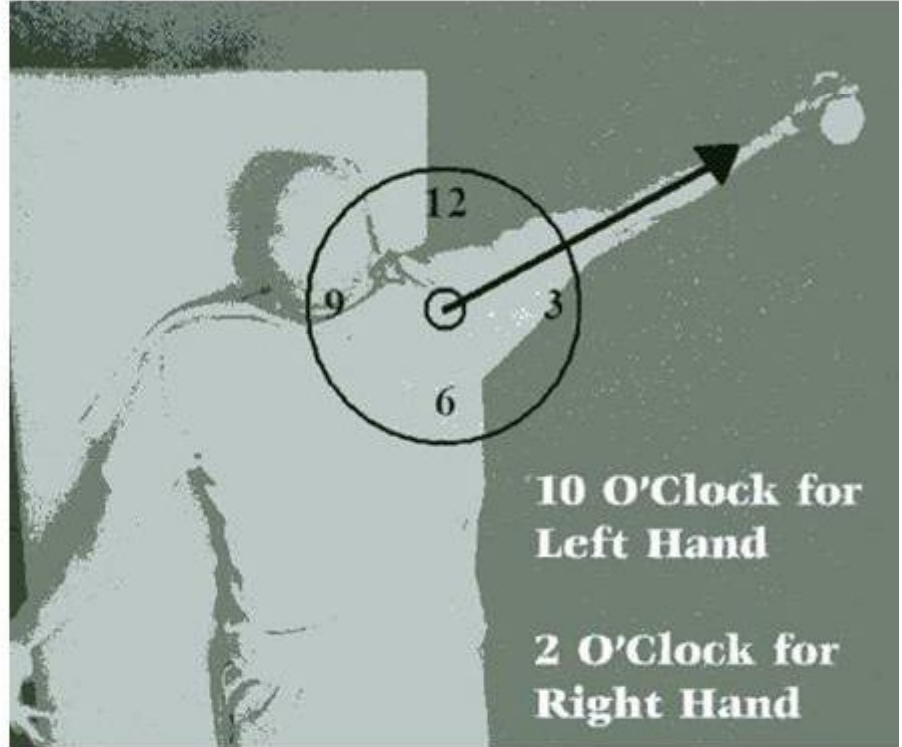


9. Shoulder External Rotation - Lie on your non-throwing side. Keep the upper part of your arm against your side, and bend your elbow to 90 degrees. Raise the weight up, keeping the arm against your side. Slowly return to the starting position. Also perform this exercise lying on your other side.



10. Prone Horizontal Abduction - Lie on the table face down with the arm hanging straight for the floor, the thumb facing forward. Raise the arm out to the side until it is parallel to the floor. Then slowly return to the starting position.

Rotator Cuff Exercises

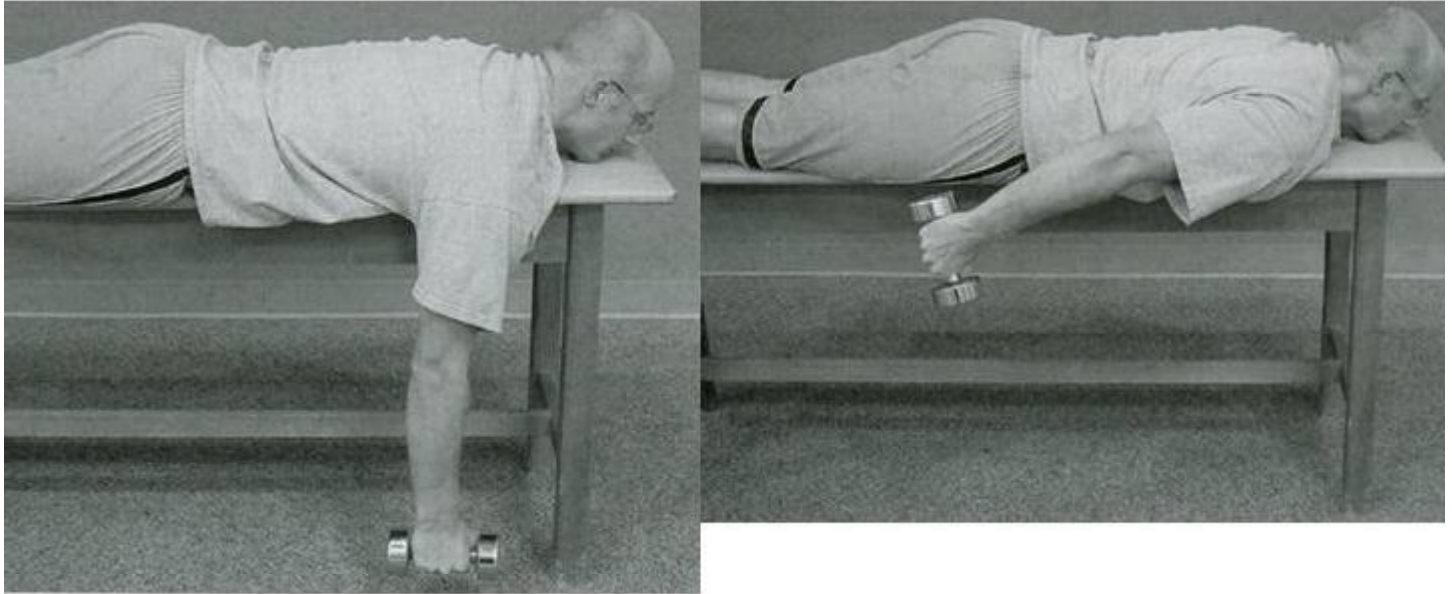


11. Prone Shoulder Flexion @ 105-110 Degrees of Abduction - Lay on a weight bench face down. Hold a dumbbell with the thumb rotated up (hitchhiker). Raise the arm out to the side at an angle of 105 degrees from your side (about 2 o'clock) - slightly in front of the shoulder—until the arm is parallel with the floor. Then slowly return to the starting position.

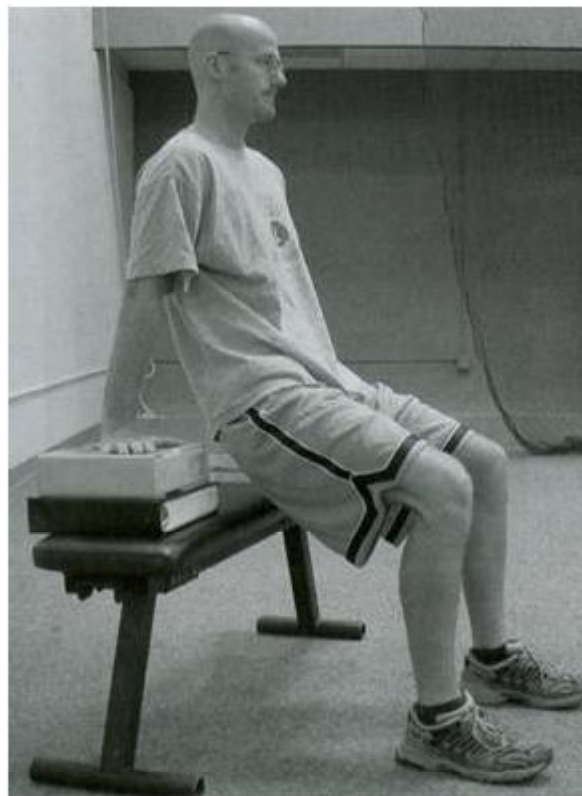


12. Prone Row with External Rotation - Lie on a table face down with the elbow abducted to 90 degrees and the hand pointing to the ground. Keeping the elbow stationary, slowly raise the dumbbell until it is parallel to the floor. Then slowly return to the starting position.

Rotator Cuff Exercises

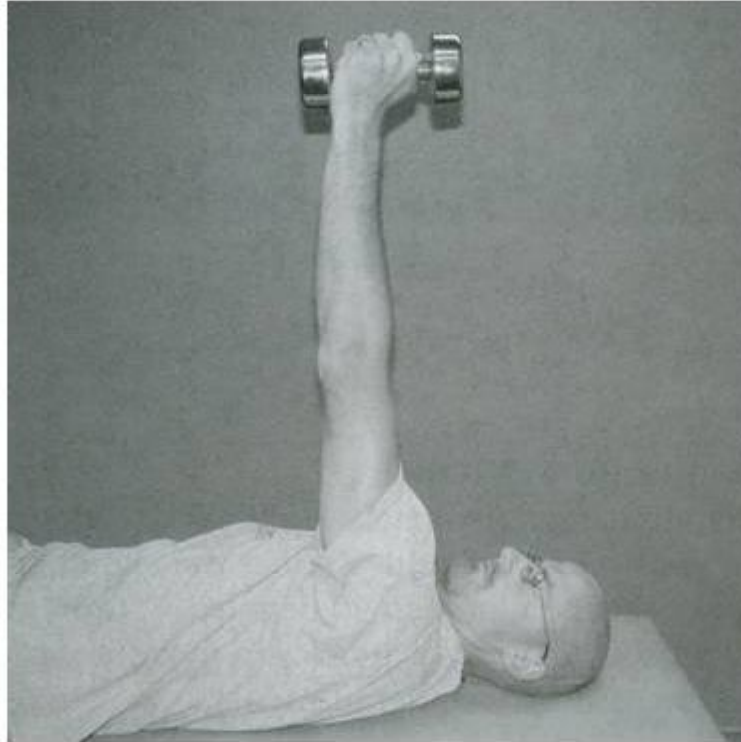


13. Prone Shoulder Extension - Lie on a table face down with your arm hanging straight to the floor, thumb facing forward. Raise the arm straight back until it is parallel to the floor. Slowly return to the starting position.

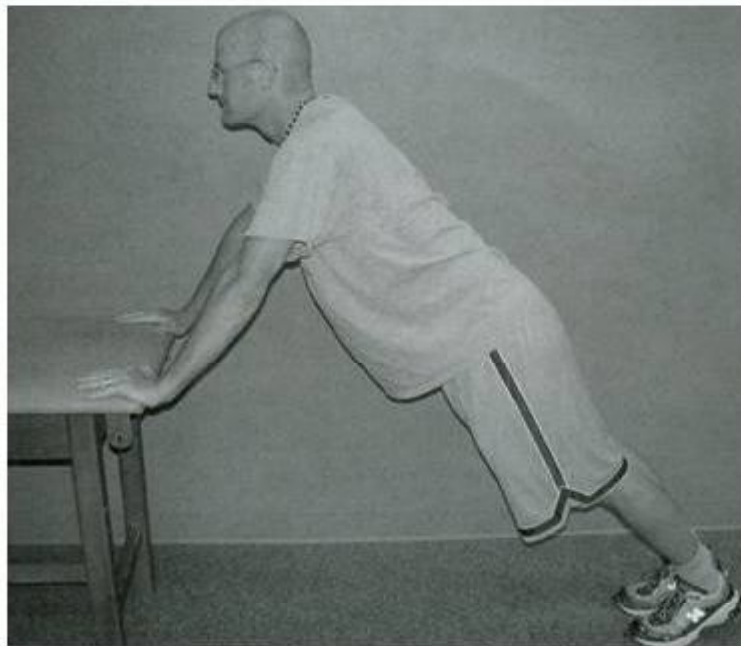


14. Press-up - Sit on a weight bench. Set a block or thick book on both sides of you. Put your hands on the block or book and push your body up until both elbows are fully straightened. From this position, allow the elbows to bend as you lower the body back to the starting position and then repeat.

Rotator Cuff Exercises



15. Supine Serratus Punch - Lie on your back with a 2-5 pound dumbbell in your hand. Out stretch your arm to full extension. Push towards the sky lifting only the shoulder off the table. Return the shoulder to the table. Then repeat.



16. Pushup with a Plus - Standing in a neutral position with your hands placed on the edge of a table and arms extended, push away from the table by extending the shoulder. Do not lose contact with the table.