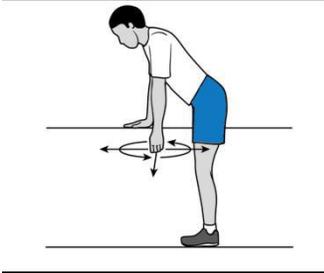




ROTATOR CUFF AND SHOULDER CONDITIONING PROGRAM

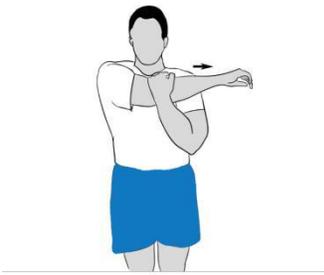
Stretching Exercises

1. Pendulum Exercises



- Lean forward. Place one hand on a table for support. The other arm can hang freely at your side.
- Swing your arm forwards and backwards gently. Repeat the exercise moving your arm side-to-side. Repeat the exercise in a circular motion.
- Using the other arm, repeat the entire sequence.

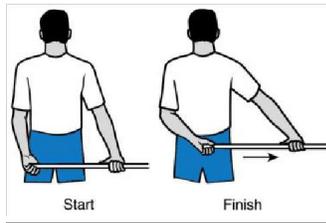
2. Crossover Arm Stretch



- Relax your shoulders. Pull one arm across your chest to the farthest possible, holding at your upper arm.
- Hold that stretch for 30 seconds. Then relax for 30 seconds.
- Similarly repeat with the other arm.

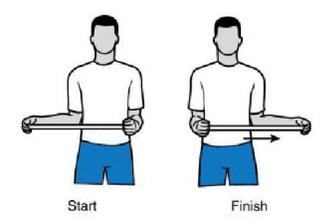


3. Passive Internal Rotation



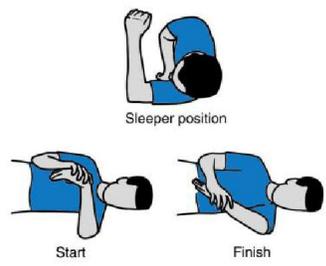
- With one hand hold a stick behind your back. Grasp the other end of the stick lightly with your other hand.
- Pull the stick horizontally, so that your shoulder is stretched without much effort to the point of experiencing a pull without pain.
- Hold for 30 seconds. Then relax for 30 seconds.
- Repeat this exercise on the other side.

4. Passive External Rotation



- Grasp the stick with one hand. With the other hand, cup the other end of the stick.
- By keeping the elbow of the shoulder you are stretching against the side of your body, push the stick horizontally to the point of feeling a pull without pain.
- Hold this position for 30 seconds. Then relax for 30 seconds.
- Similarly repeat on the other side.

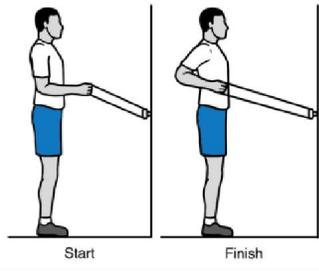
5. Sleeper Stretch



- Lie on your side on a firm, flat surface with the affected shoulder under you and your arm bent, as in the picture. You can use a pillow under your head for comfort, if required.
- Use your unaffected arm and push your other arm down. You may stop pressing down, if you feel a stretch in the back of your affected shoulder.
- Hold this position for 30 seconds. Relax your arm for 30 seconds.

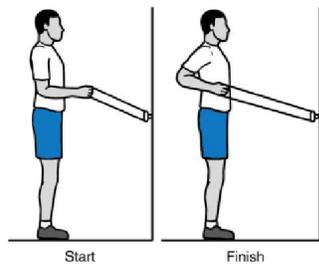


6. Standing Row



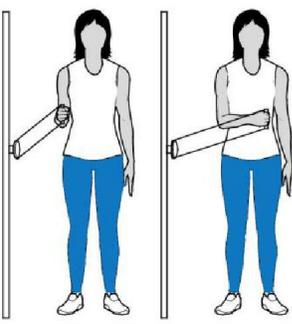
- Using an elastic band, make a 3-foot-long loop and tie the ends together. Put the loop on the doorknob or other stable object.
- Hold the band with your elbow bent and at your side in the standing position as in the start position (shown in the image).
- With arms close to your side, slowly pull your elbow straight back.
- Return to the start position slowly and repeat.

External Rotation With Arm Abducted 90°



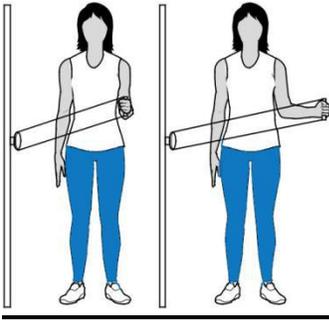
- Using an elastic band, make a 3-foot-long loop and tie the ends together. Put the loop on the doorknob or other stable object.
- Hold the band with your elbow bent at 90° and raised to shoulder-height, as shown in the start position.
- Keeping your shoulder at elbow level, gradually raise your hand, in line with your head.
- Gradually return to the start position and repeat.

7. Internal Rotation



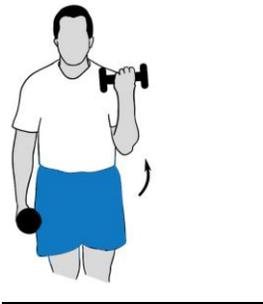
- Using an elastic band, make a 3-foot-long loop and tie the ends together. Put the loop on the doorknob or other stable object.
- In standing position, hold the band with your elbow bent and at your side, similar to the start position in the image.
- With your elbow close to your side, bring your arm across your body.
- Now gradually return to the start position and repeat.

9. External Rotation



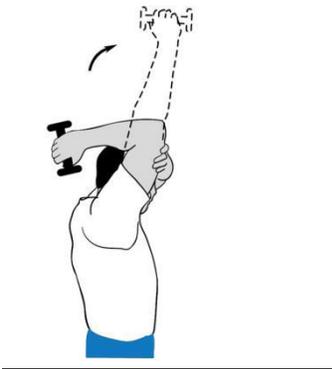
- Using an elastic band, make a 3-foot-long loop and tie the ends together. Put the loop on the doorknob or other stable object.
- In standing position, hold the band with your elbow bent and at your side, similar to the start position in the image.
- Keeping your elbow close to your side, slowly rotate your arm outward.
- Gradually return to the start position and repeat.

10. Elbow Flexion



- Stand Straight with your weight evenly distributed over both feet.
- Keeping your elbow close to your side, gradually bring the weight up toward your shoulder as shown.
- Hold that position for 2 seconds.
- Gradually return to the starting position and repeat.

11. Elbow Extension



- Stand tall with your weight evenly distributed over both feet.
- Raise your arm and bend your elbow with the weight behind your head. While raising your elbow support your arm by placing your other hand on your upper arm.
- Gradually straighten your elbow and bring the weight overhead. Hold for 2 seconds.
- Slowly bring your arm back down behind your head and repeat.

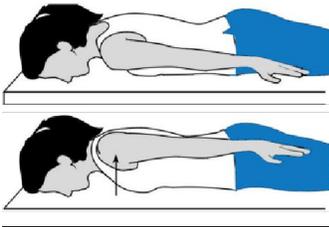


12. Trapezius Strengthening



- Place your knee on a bench or chair and support your weight by leaning forward so that your hand helps support your weight. With your other hand at your side, palm facing your body.
- Slowly lift your arm, rotating your hand to the thumbs-up position to the shoulder level and with your arm parallel to the floor.
- Slowly lower your arm to the original position, for 10 seconds.

13. Scapula Setting



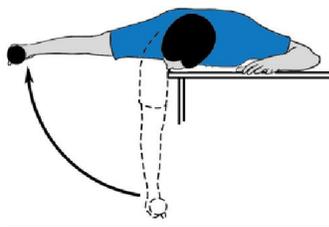
- Lie on your stomach, with your arms by your sides. If required, you can place a pillow under your forehead for comfort.
- Gently draw your shoulders together and down your back as far as possible.
- Ease halfway from this position and hold for 10 seconds.
- Relax and repeat 10 times.

14. Scapular Retraction or Protraction



- Lie flat on your stomach on a table or bed. Hang your injured arm over the side.
- Keep your elbow straight and lift the weight gradually by squeezing your shoulder blade toward the opposite side to the extent possible.
- Slowly return to the starting position and repeat.

15. Bent-Over Horizontal Abduction



- Lie flat on your stomach on a table or bed. Hang your injured arm over the side.
- Keep your arm straight and slowly raise it to your eye level.
- Slowly lower it back to the starting position and repeat.
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