



ROTATOR CUFF EXERCISES



**Shoulder 'Apleys' - Towel**

Place one hand behind head, palm facing forward, holding a towel.  
Place other hand behind low back, gripping towel with palm facing out.  
Walk hands together until you feel a comfortable stretch. Hold for 10 relaxed breaths, Stop if the exercise causes pain. LOWER HAND

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:



**Rotator Cuff Self Traction**

Sitting tall, keep both shoulder blades pulled down and inward.  
Reach one arm accross body to opposite shoulder, grasping wrist with opposite hand. Gently pull wrist accross body to increase stretch at the back of the shoulder. Hold for 10 relaxed breaths. Return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:



**'Shoulder Knot'**

Lying on stomach with chest raised off floor, receiving support from arms which are crossed at on the floor. Slowly lower body weight down, increasing the stretch at the bottom shoulder. Maintain an abdominal hollow. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:



Patient:

ID:

Issued By:

Date: 29/08/2024 18:16:37

**Rot. Cuff Prone Flexion - Bench**

Lying on stomach on table holding dumbbell with arm relaxed down to floor. Raise straight arm up past shoulder level toward 45° position with thumb turned up (as if holding a torch). Hold, lower and repeat. Stop if the exercise causes pain.

Sets:	1
Reps:	
Weight:	
Hold:	
Rest:	

**Notes:****Front Raise - Ball**

Sitting tall on ball holding weight down in front with palm down. Raise arm straight up in front toward shoulder level keeping palm facing down. Lower with control and repeat. Stop if the exercise causes pain.

Sets:	1
Reps:	
Weight:	
Hold:	
Rest:	

**Notes:****Rot. Cuff Prone Abd. - Bench**

Lying on stomach on table or bed holding dumbbell with arm relaxed down to the floor. Raise straight arm up to shoulder level to assume a 'T' position, keeping palm facing down. Hold, lower and repeat. Stop if the exercise causes pain.

Sets:	1
Reps:	
Weight:	
Hold:	
Rest:	

**Notes:****Side Lying Lateral Raise**

Lying supported up on side, place top arm in front of body holding weight with palm toward floor. Keeping elbow straight, raise arm straight up away from body towards 30°. Hold, lower and repeat maintaining motion within the plane of the scapula. Stop if the exercise causes pain.

Sets:	1
Reps:	
Weight:	
Hold:	
Rest:	

**Notes:**



Patient:

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**90°/90° Rot. Cuff - Standing**

Standing, maintaining readiness position. Elbows up at shoulder level and bent to 90° with palms facing down. Rotate weight up and backward, in a circular motion, without raising or lowering elbow. Repeat. Stop if the exercise causes pain.

Sets:	1
Reps:	
Weight:	
Hold:	
Rest:	

**Notes:****Side Lying Ext. Rot. - Thumb Up**

Lying supported up on side with a towel placed under top elbow. Bend top elbow and hold weight down in front of stomach with thumb pointing up. Raise weight up, keeping elbow supported against side of body, and thumb will point back. Hold, lower and repeat. Stop if the exercise causes pain.

Sets:	1
Reps:	
Weight:	
Hold:	
Rest:	

**Notes:****Active Supraspinatus**

Place arm diagonally across body, elbow straight, with thumb pointing down. Hold arm at elbow with opposite hand, pull arm further across body until strong, comfortable stretch at back of shoulder. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

**Notes:****Rotator Cuff 'Tea Cup'**

Standing tall, place back of hands on buttocks, elbows out to sides. Bring elbows forward, stretching the upper back muscles. Maintain an abdominal hollow. Hold for 10 relaxed breaths, return to start position. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

**Notes:**



### Active Shoulder Ext. Rot.

Sitting or standing tall, elbows bent 90, hands in front of body. Keeping elbows tight to the sides, rotate shoulders outward, bringing hands away from each other( so that palms are pointing forward). Maintain an abdominal hollow, hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:



### Active Int. Shoulder Rot. - Seated

Sitting with elbow raised to shoulder level, resting on a supportive surface. Begin with palm facing forward, then actively rotate shoulder downward as far as comfortable. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes: