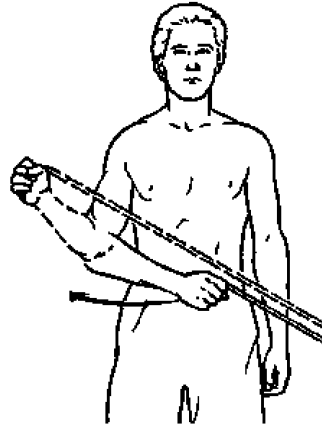


Home Exercise Program for Rotator Cuff Strengthening

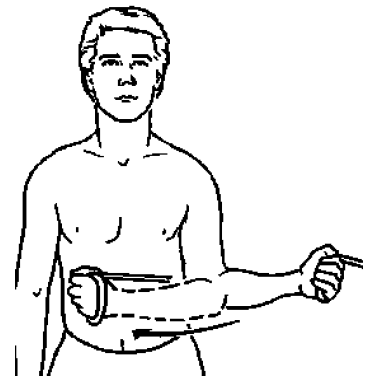
Often a single therapy session can be helpful to teach patients how to do these exercises. For patients exercising at home, Dr. Chalmers recommends heat before exercises and ice afterwards. Most patients using a home exercise program should perform their exercises 3 times per week, performing three sets of ten repetitions for each exercise. These exercises are arranged from least to most difficult.

External rotation – With your elbow bent and your arm at your side, rotate your arm outward against the resistance of an exercise band. Slowly return to the start position and repeat. Keep your elbow at your side and your shoulders square. “Squeeze” your shoulder blades together while you rotate out. If you don’t have a band, you can also perform this exercise with a partner or with a wall or post pressing against the outside of the wrist.

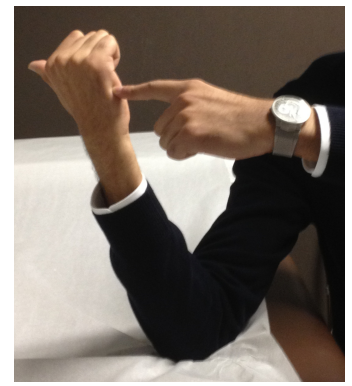
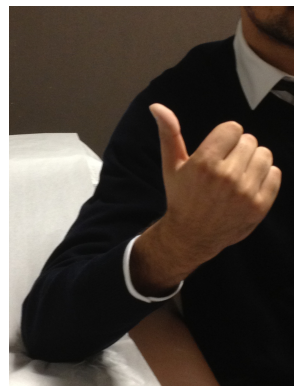


Chalmers et al. (2013) *JSES*

Internal rotation – With your elbow bent and your arm at your side, rotate your arm across your body against the resistance of an exercise band. Slowly return to the start position and repeat. Keep your elbow at your side



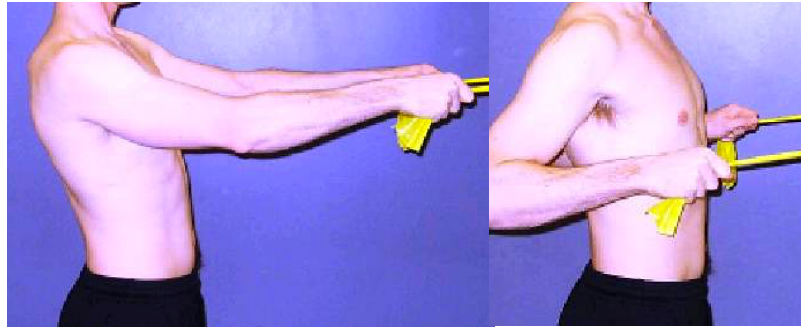
Hitchhiker's – With your elbow away from your side, rotate your shoulder outwards. Incorporate an exercise band to provide resistance.



Chalmers, et al. (2013). *JSES*

Elevation - Put one knee on a bench or chair. Lean forward until you can lean on your hand. Start with the other arm hanging, then raise your arm until your hand is at shoulder height, slowly rotating until the thumb points towards the ceiling. "Squeeze" your shoulder blades together while you rotate. You can repeat this exercise raising the weight in front of you, to the side, or behind you to exercise different portions of the deltoid muscle.

Row – Stand facing a door with an exercise band attached to the doorknob. Start with your elbows bent and your arms at your side. Keep your arm close to your side and pull back until your hand is level with your body. Then slowly return to the start position. "Squeeze" your shoulder blades together as your pull. You can repeat with the elbows straight to exercise the lower back muscles. You can repeat with your arms away from your body to exercise the upper back muscles.



Lawn mower starter - Attach your exercise band to the foot of a heavy chair or table. Then pull the band up towards your chin as though you were starting a lawn mower. You can repeat this exercise in the opposite direction (reaching towards the opposite ear with the exercise band coming from the opposite side) and from the top to bottom.

