

SHOULDER STRENGTHENING Rotator Cuff/ Scapular

Exercises: Perform the exercises slowly and in control. If any exercise produces pain, discontinue it immediately. Do 2 - 3 sets of 15 repetitions once daily. Weights 1-2 kg

Abduction to 90°



With thumb up, lift arm(s) out to the side up to shoulder level.

Abduction Full ROM



With thumb up, lift arm(s) out to the side up toward the ear.

Flexion to 90°



___ With thumb up,
 ___ With palm down,
 lift arm(s) forward up to shoulder level.

Flexion Full ROM



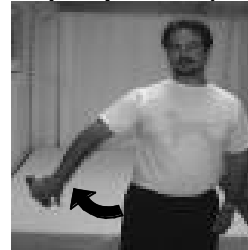
With thumb up, lift arm(s) forward up toward the ear.

Supraspinatus (Side lying)



Lie on opposite side. Turn thumb toward leg, bring arm forward 30°, keep elbow straight and lift arm from body about 45°.

Supraspinatus (Standing)



Point thumb toward floor, bring arm forward 30° from the side of the body then lift arm upward about 45°.

Internal Rotation (Supine)



Lie on your back with knees bent. Keep elbow at your side and bent to 90°. Lower hand out to the side and bring back across the stomach.

External Rotation



Lie on opposite side and place a small towel roll under the upper arm. Keep elbow bent to 90° and lift hand up away from the floor.

Low Trap Set



While sitting, place your hands in your lap. Bring your shoulder blades **DOWN** and **IN** toward your spine. Hold for 2 seconds then relax. Do not let your shoulders shrug.

Mid Trap (modified)



Place your upper arm at shoulder level with your *elbow at 90°. Bring your shoulder blade **DOWN** and **IN** toward your spine then gently lift your arm off the floor. Keep your hand and elbow at the same level. Do not let your shoulder shrug. *Progress to lifting with your elbow straight.

Low Trap (modified)



Place your arms overhead with elbows slightly bent. Bring your shoulder blade **DOWN** and **IN** toward your spine, and then gently lift your arm from the floor. Keep your hand and elbow at the same level. Do not let your shoulder shrug.

Low Trap



Place your arms overhead, elbow straight and thumb pointing up. Bring your shoulder blade **DOWN** and **IN** toward your spine and gently lift your arm off the floor about 1-2 inches. Do not let your shoulder shrug.