SPORTS & ORTHOPAEDIC SPECIALISTS
Rotator Cuff Strength/Conditioning

This packet contains therapeutic exercises that are preferred by the providers at Sports & Orthopaedic Specialists for the rehabilitation of shoulder injuries.

Use these handouts in conjunction with the protocol prescribed by the referring provider. Protocols are online: www.sportsandortho.com/minneapolis/rehabilitation-center

Complete the exercises below as instructed. If you develop questions or increased shoulder pain, call the clinic: 952.946.9777

**SIDE LYING EXTERNAL ROTATION – ‘WINDSHIELD WIPER’**

Lie on _____ side with towel under elbow and forearm resting across abdomen.

*Draw shoulder blades down and back*

Now rotate forearm up _____ to horizontal

______ through available pain free range of motion

Continue to complete this windshield wiper motion.

Complete _____ sets of _____. Do _____ sessions per week.
BEAR HUG
Sit with tall posture. Place _____ hand on upper chest with thumb under chin.

____ Press gently
____ Press moderately

Hold _____ repetitions for _____ seconds. Do _____ sessions per week.

BELLY PRESS
Sit with tall posture. Place _____ hand on stomach with elbow out to side.

Gently press palm of hand into stomach.

Hold _____ repetitions for _____ seconds. Do _____ sessions per week.
FULL CAN
Begin standing with arms at sides.

Lift arms to shoulder height making a V shape.
Now squeeze shoulder blades and return arms to sides.

Complete _____ sets of _____.    Do _____ sessions per week.

FLEXION
Begin standing with arms at sides.

Lift arms to shoulder height straight in front of shoulders.
Now squeeze shoulder blades and return arms to sides.

Complete _____ sets of _____.    Do _____ sessions per week.
BALL L

Lie on stomach over ball. Neck in neutral alignment. Begin with arms to the side, elbows bent.

Draw shoulder blades down and back. And rotate forearms up to horizontal. Lower slowly.

Complete _____ sets of _____. Do _____ sessions per week.