

ROTATOR CUFF STRENGTHENING WITH A THERABAND

Shoulder External Rotation with Anchored Resistance

Reps: 10 Sets: 3 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin in a standing upright position with your elbow bent at 90 degrees and a towel roll tucked under your arm, holding a resistance band. The anchor point should be on the side furthest away from your bent arm.

Movement

Slowly rotate your arm out to the side.

Tip

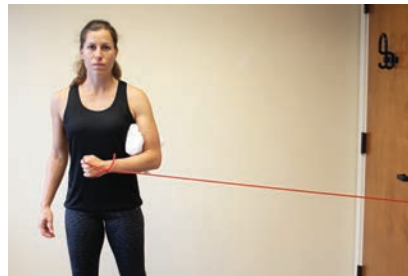
Make sure to keep your hips and shoulders facing forward and maintain a gentle chin tuck throughout the exercise.

Shoulder Internal Rotation with Resistance

Reps: 10 Sets: 3 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin in a standing upright position with your elbow bent at 90 degrees and a towel roll tucked under your arm, holding a resistance band. The anchor point should be on the side closest to your bent arm.

Movement

Slowly rotate your arm inward.

Tip

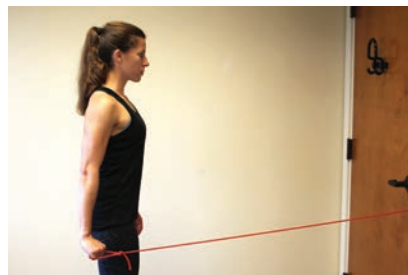
Make sure to keep your hips and shoulders facing forward and maintain a gentle chin tuck throughout the exercise.

Single Arm Shoulder Extension with Anchored Resistance

Reps: 10 Sets: 3 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin in a standing position holding one end of a resistance band with your arm straight in front of your body. You should be facing the anchor point.

Movement

Pull your arm down to your side against the resistance band, then return to start and repeat.

Tip

Make sure to keep your elbow straight and maintain good posture during the exercise.

Standing Shoulder Row with Anchored Resistance

Reps: 10 Sets: 3 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin in a standing upright position, holding both ends of a resistance band that is anchored in front of you at chest height, with your palms facing inward.

Movement

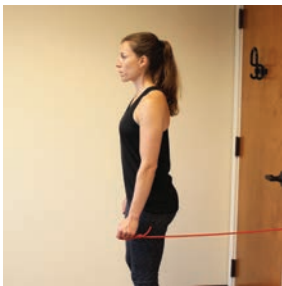
Pull your arms back with your elbows tucked at your sides, then return to the starting position and repeat.

Tip

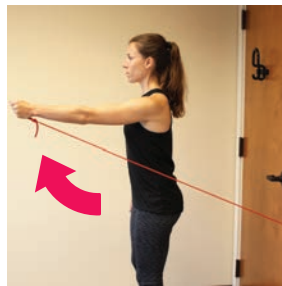
Make sure to keep your back straight during the exercise and think of squeezing your shoulder blades together as you pull on the band.

Standing Single Arm Shoulder Flexion with Posterior Anchored Resistance

Reps: 10 Sets: 3 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin in a standing position holding one end of a resistance band with your arm at your side. You should be facing away from the anchor point.

Movement

Leading with your thumb, pull against the resistance band, lifting your arm straight in front of your body, then return to start and repeat.

Tip

Make sure to keep your elbow straight and do not shrug your shoulder during the exercise.