

ROTATOR CUFF STRENGTHENING WITH WEIGHTS

Sidelying Shoulder ER with Towel and Dumbbell

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



Step 1



Step 2

Setup

Begin lying on your side with a towel roll tucked under your upper arm, and your elbow bent to 90 degrees, holding a dumbbell.

Movement

Slowly rotate your forearm upward, then return to the starting position and repeat.

Tip

Make sure to keep your elbow bent and tucked in at your side as you lift your forearm and avoid shrugging your shoulders during the exercise.

Sidelying Shoulder Internal Rotation with Dumbbell

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



Step 1



Step 2

Setup

Begin lying on your side with your lower arm bent at a 90 degree angle, holding a dumbbell.

Movement

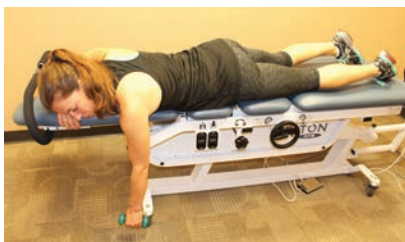
Rotate your arm inward, raising the dumbbell toward your body.

Tip

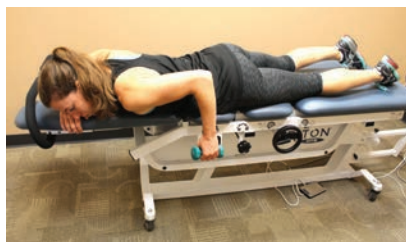
Make sure to keep your elbow bent at a 90 degree angle.

Prone Shoulder Row

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



Step 1



Step 2

Setup

Begin lying on your front with one arm hanging off the edge of a bed or table.

Movement

Pull your arm up, allowing your elbow to bend and keeping it tucked toward your body. Return to the starting position and repeat.

Tip

Avoid shrugging your shoulders during this exercise. Think of squeezing your shoulder blades together as you pull your arm up.

Prone Shoulder Extension with Dumbbells

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



Step 1



Step 2

Setup

Begin lying face down with your arms resting at your sides holding a dumbbell in each hand.

Movement

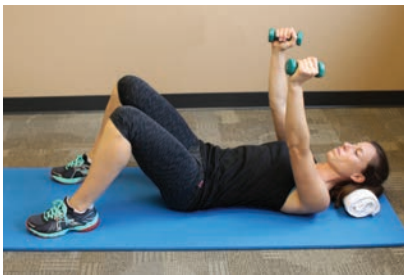
Keeping your elbows straight, raise your arms backward up toward the ceiling as far as you can.

Tip

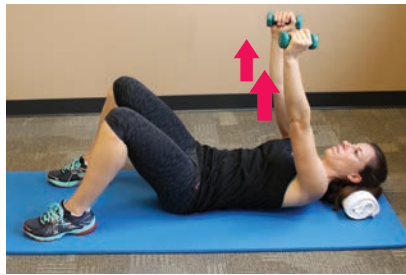
Think of squeezing your shoulder blades together as you lift your arms and make sure not to arch your back during the exercise.

Supine Scapular Protraction in Flexion with Dumbbells

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



Step 1



Step 2

Setup

Begin lying on your back with your arms raised straight upward, holding a dumbbell in each hand.

Movement

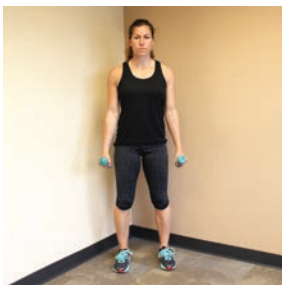
Keep your elbows straight and punch your arms up toward the ceiling, raising your shoulders off the ground.

Tip

Make sure to keep your back flat on the floor.

Scaption with Dumbbells

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



Step 1



Step 2

Setup

Begin in a standing upright position with your arms resting at your side, grasping lightweight dumbbells.

Movement

Slowly raise your arms diagonally at roughly a 30 degree angle from your body, then lower your arms back to your sides.

Tip

Make sure to keep your elbows straight and avoid shrugging your shoulders. Try not to arch your low back while raising and lowering your arms.