

# Rotator Cuff Exercises

## Before you start

The exercises described below can help you strengthen the muscles in your shoulder (the part that helps with circular motion). These exercises should not cause you pain. If you feel pain, use a lighter weight.

Look at the pictures with each exercise so you can use the correct position. Warm up your arms and shoulders, and do pendulum exercises. To do pendulum exercises, bend your arm and shoulder muscles relaxed, and move your arms slowly back and forth on a slow count of 3 and lower your arm to a slow count of 6.

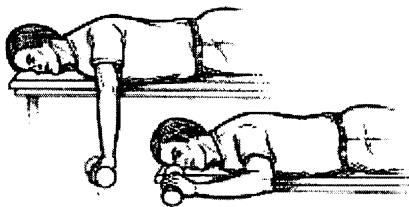
Keep repeating each of the following exercises until your arm is tired. Use a light weight. Do the exercise about 20 to 30 times. Increase the weight a little each week (but not more than 2 ounces the first week. Move up to 4 ounces the second week, 8 ounces the third week).

Each time you finish doing all 4 exercises, put an ice pack on your shoulder for 20 minutes. Use an ice pack or a bag of frozen peas, not gel packs. If you do all 4 exercises 3 to 5 times a week, your shoulder will get stronger, and you'll get back normal strength in your shoulder.

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## Exercise 1

Start by lying on your stomach on a table or a bed. Put your left arm out at shoulder level. Keep your elbow bent, and slowly raise your left hand. Stop when your hand is at shoulder level. Repeat the exercise until your arm is tired. Then do the exercise with your right arm.

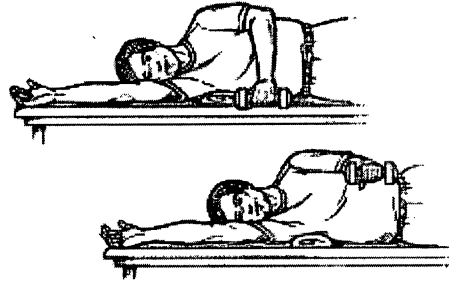


Exercise 1

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## Exercise 2

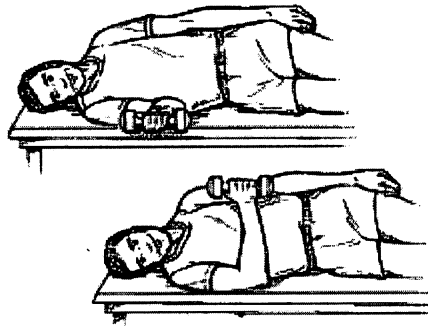
Lie on your right side with a rolled-up towel under your right armpit. Stretch your right arm with your elbow bent to 90° and the forearm resting against your chest, palm up. Move your forearm until it's level with your shoulder. (Hint: This is like the backhand swing in tennis.) Repeat the exercise until your arm is tired. Then do the exercise with your left arm.

**Exercise 2**

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**Exercise 3**

Lie on your right side. Keep your left arm along the upper side of your body. Bend resting on the table. Now roll your right shoulder in, raising your right forearm up to tennis.) Lower the forearm slowly. Repeat the exercise until your arm is tired. Then

**Exercise 3**

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**Exercise 4**

In a standing position, start with your right arm halfway between the front and side your left arm for balance.) Raise your right arm until almost level (about a 45° angle beyond the point of pain. Slowly lower your arm. Repeat the exercise until your arm