



cut on dashed line

Figure. Home Exercises for Rotator Cuff Pain

Group 1

Isometric Shoulder External Rotation

Standing in a doorway with your elbow bent 90 degrees and the back of your wrist pressing against the door frame, try to press your hand outward into the door frame. Hold for 5 seconds. Do 3 sets of 10.

Isometric Shoulder Internal Rotation

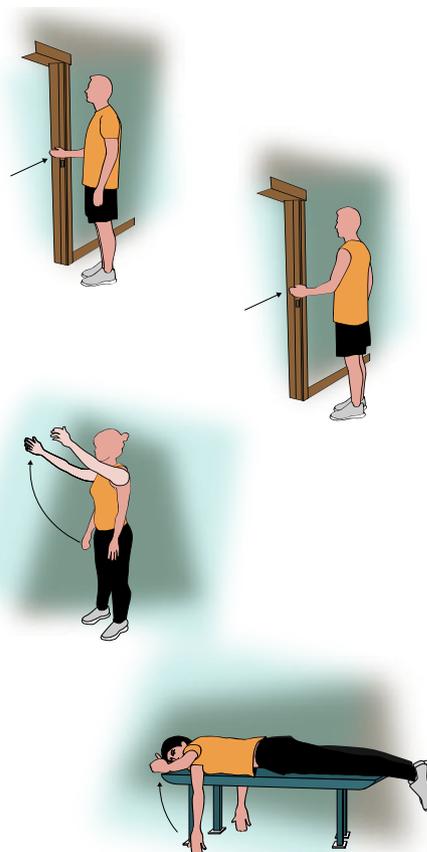
Standing in a doorway with your elbow bent 90 degrees and the front of your wrist pressing against the door frame, try to press your palm into the door frame. Hold for 5 seconds. Do 3 sets of 10.

Scaption

Stand with your arms at your sides and with your elbows straight. Slowly raise your arms to eye level. As you raise your arms, they should be spread apart so that they are only slightly in front of your body (at about a 30 degree angle to the front of your body). Point your thumbs toward the ceiling. Hold for 2 seconds and lower your arms slowly. Do 3 sets of 10. Hold a soup can or light weight when doing the exercise and increase the weight as the exercise gets easier. Your provider may instruct you to do this exercise with your thumbs down.

Horizontal Abduction

Lie on a table or the edge of a bed face down with one arm hanging down straight to the floor. Raise your arm out to the side with your thumb pointed toward the ceiling until your arm is parallel to the floor. Hold for 2 seconds and then lower it slowly. Start this exercise with no weight. As you get stronger add a light weight or hold a soup can. Do 3 sets of 10.



Group 2

Resisted Shoulder External Rotation

Stand sideways next to a door. Rest the hand farthest away from the door across your stomach. With that hand, grasp tubing (can be obtained from your physical therapist) that is connected to a doorknob at waist level. Keeping your elbow in at your side, rotate your arm outward and away from your waist. Make sure you keep your elbow bent 90 degrees and your forearm parallel to the floor. Repeat 10 times. Build up to 3 sets of 10.

Resisted Shoulder Internal Rotation

Holding tubing connected to a doorknob at waist level, keep your elbow in at your side and rotate your arm inward across your body. Make sure you keep your forearm parallel to the floor. Do 3 sets of 10.

Side-lying External Rotation

Lie on your one side with your top arm at your side and your elbow bent at 90 degrees. Keep your elbow against your side, raise your forearm and hold for 2 seconds. Slowly lower your arm. Do 3 sets of 10.

You can start doing this exercise holding a soup can or light weight and gradually increase the weight as long as there is no pain.

Push-up With a Plus

Begin on the floor on your hands and knees. Keep your arms at shoulder width apart and lift your feet off the floor. Arch your back as high as possible and round your shoulders (this is the "plus" part of the exercise). Bend your elbows and lower your body to the floor. Return to the starting position and arch your back again. Do 3 sets of 10.

