

## Rotator Cuff (Shoulder Strength)

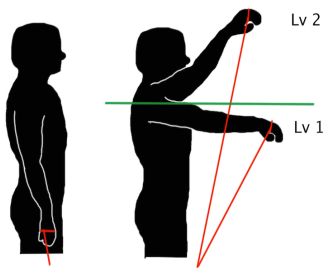
Before commencing any exercise on this sheet please ensure they are suitable for you to perform. This is to avoid injury or aggravation of any pain complaint you may already have.

**To check the suitability of the exercises contact us at SSI.**

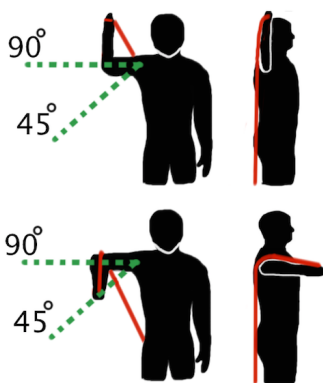
Please be advised correct technique is essential when performing the exercises and incorrect form may lead to injury. To arrange an appointment to check your technique when performing the exercises please contact us at SSI.

**Please be advised that you undertake any exercise on this sheet at your own risk. All exercises should be performed completely pain free at all times.**

**NB The term fixed shoulder blade means pull the bottom of the shoulder blade into the spine (creating a "pinch" sensation) as a 'back and down' motion.**



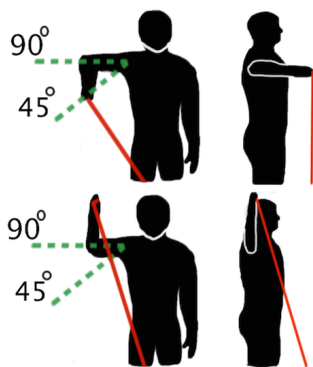
- 1) - Stand with your feet shoulder width apart and place the band under the same foot. Start with the hand by your side and fix the shoulder blade.
  - Engage your core by pulling in your belly button and squeezing your abs. This is to provide a stiff torso to allow the shoulder to move from a stable position.
  - Choose either level 1 (stopping just below shoulder height) or level 2 (stopping above shoulder height), then keeping the shoulder blade fixed, lift the arm upwards. Do not allow the shoulders to lift towards the ears. Pause at the end of the movement then slowly return.
  - Keep the shoulder blade fixed throughout the entire movement.
  - Complete 4 x 8-12 reps.



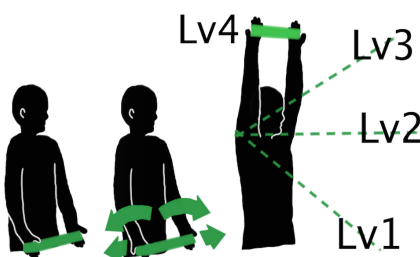
- 2) - Stand with the feet slightly wider than shoulder width apart with the band under the heel of the opposite foot. The band should be behind you for the exercise.
  - Choose between level 1 at the 45° angle or level 2 at the 90° angle.
  - Level 1 holds the upper arm at the 45° angle and make sure you hold the shoulder blade in a fixed position at all times. The elbow should remain at 90° at all times. Start with the hand / fist pointing to the ceiling then slowly pivot the arm, rotating the palm of the hand to face the floor. Do not allow the upper arm to move out of the 45° angle at any point. Only move as far as is pain free, pause then slowly return to the start position. This is 1 rep.
  - Level 2 holds the upper arm at the 90° angle and make sure you hold the shoulder blade in a fixed position at all times. The elbow should remain at 90° at all times. Start with the hand / fist pointing to the ceiling then slowly pivot the arm, rotating the palm of the hand to face the floor. Do not allow the upper arm to move out of the 90° angle at any point. Only move as far as is pain free, pause then slowly return to the start position. This is 1 rep.
  - Complete 4 x 8-12 reps.

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- 3) - Stand with the feet slightly wider than shoulder width apart with the band under the ball of the opposite foot. The band should be in front of you for the exercise.
- Choose between level 1 at the 45° angle or level 2 at the 90° angle.
  - Level 1 holds the upper arm at the 45° angle and make sure you hold the shoulder blade in a fixed position at all times. The elbow should remain at 90° at all times. Start with the palm of the hand / fist facing the floor then slowly pivot the arm, rotating the knuckles of the fist to face the ceiling. Do not allow the upper arm to move out of the 45° angle at any point. Only move as far as is pain free, pause then slowly return to the start position. This is 1 rep.
  - Level 2 holds the upper arm at the 90° angle and make sure you hold the shoulder blade in a fixed position at all times. The elbow should remain at 90° at all times. Start with the palm of the hand / fist facing the floor then slowly pivot the arm, rotating the knuckles of the fist to face the ceiling. Do not allow the upper arm to move out of the 90° angle at any point. Only move as far as is pain free, pause then slowly return to the start position. This is 1 rep.
  - Complete 4 x 8-12 reps.



- 4) - Stand with the arms just in front of you and the band looped around both hands.
- With your hands at shoulder width apart the band should be under tension.
  - Twist the palms of the hand to face the ceiling, turning the back of the elbows into your body. Make sure you keep the elbows turned in and palms facing the ceiling at all times.
  - Keeping the band under constant tension slowly lift the arms out in front of you to the chosen level. Only lift as far as is pain free, pause then slowly return. This counts as 1 rep.
  - Make sure you do not let the elbows turn out at any point in the action.
  - Perform 4 x 8-12 reps.