



## BASIC ROTATOR CUFF EXERCISES

If you are comfortable adding weight to these exercises, try using a light dumbbell of no more than 1 or 2lbs. If you do not have a light dumbbell, try using a can of soup.

These exercises are meant to get you started on a shoulder rehab program in advance of starting formal physical therapy.

1. Doorway stretch: Put your hands on the sides of a doorway at or below shoulder height, and lean forward through the doorway until you feel a light stretch. Hold for 20 seconds. Repeat 5 times.
2. Side lying external rotation: Lie down on the side opposite your injured arm. Bend the elbow of your injured arm to 90 degrees and rest the elbow on your side. Your forearm should rest across your abdomen. Hold a light weight in the injured side's hand and, keeping your elbow against your side, slowly raise the dumbbell toward the ceiling. Stop rotating your arm if you feel strain. Hold the dumbbell up for a few seconds before returning to the start position with your arm down. Do 3 sets of 10.
3. Fly: Stand with your feet shoulder-width apart and your knees slightly bent. Keep your back straight and bend forward slightly at the waist. With a light weight in each hand, extend your arms and raise them back away from your body. Do not lock your elbow. Squeeze your shoulder blades together as you do so. Do not raise your arms above shoulder height. Do 3 sets of 10.