

# Exercise Band Rotator Cuff

## RESISTED FLEXION



1. Anchor rubber tubing to a solid object
2. Stand holding rubber tubing in \_\_\_ hand with arm in front of body
3. Raise arm out in front of your body as shown
4. Hold 2-3 seconds
5. 10 repetitions, up to 3 sets, 1X day

## RESISTED EXTENSION



1. Anchor rubber tubing to a solid object
2. Stand holding rubber tubing in \_\_\_ hand
3. Pull arm backward as shown
4. Hold 2-3 seconds and slowly lower
5. 10 repetitions, up to 3 sets, 1X day

## RESISTED ABDUCTION



1. Anchor rubber tubing to solid object
2. With thumb pointed up, raise \_\_\_ arm up to shoulder height
3. Hold 2-3 seconds and slowly lower
4. 10 repetitions, up to 3 sets, 1X day

## STANDING ROW



1. Anchor middle of tubing to solid object
2. Hold tubing in both hands, arms straight in front of you as shown
3. Bend elbows and pull elbows straight backward (keep upper arm parallel to floor)
4. Hold 2-3 seconds and slowly lower
5. 10 repetitions, up to 3 sets, 1X day

## RESISTED INTERNAL ROTATION



1. Anchor rubber tubing to solid object
2. Sit or stand with arm at side, elbow bent as shown
3. Rotate arm inward toward body
4. Hold 2-3 seconds and slowly relax
5. 10 repetitions, up to 3 sets, 1X day

## RESISTED EXTERNAL ROTATION



1. Anchor rubber tubing to a solid object
2. Grasp rubber tubing in \_\_\_ hand as shown
3. Rotate arm outward, keeping elbow bent
4. Hold 2-3 seconds and slowly relax
5. 10 repetitions, up to 3 sets, 1X day

## ELEVATED EXTERNAL ROTATION



1. Anchor rubber tubing to a solid object
2. Grasp rubber tubing in \_\_\_ hand
3. Hold arm elevated with elbow bent and fist pointing forward as shown
4. Rotate arm upward from the starting position
5. Hold 2-3 seconds slowly relax
6. 10 repetitions, up to 3 sets, 1X day

## ELEVATED INTERNAL ROTATION



1. Anchor rubber tubing to a solid object
2. Grasp rubber tubing in \_\_\_ hand
3. To begin, keep arm elevated with the elbow bent as shown
4. Rotate arm downward from the starting position
5. Hold 2-3 seconds slowly relax
6. 10 repetitions, up to 3 sets, 1X day

## RESISTED SCAPTION



1. Place \_\_\_ arm at side with thumb turned upward.
2. Hold rubber tubing as shown
3. Raise arm upward, to just below shoulder height as shown
4. Make sure the arm is positioned 30 degrees forward as you raise it
5. Hold 2-3 seconds
6. 10 repetitions, up to 3 sets, 1X day

## CRYOTHERAPY

\_\_\_ MINS \_\_\_ X per day

Ice Cup

Ice Bag

Staff \_\_\_\_\_

Phone \_\_\_\_\_