



Texas Orthopedics, Sports & Rehabilitation Associates

Home Exercise Program for Shoulder and Rotator Cuff Strengthening

The following exercises should be done with an elastic band. These can be purchased at most sport stores and many pharmacies. They can also be purchased online at Amazon.com.

- 1) **Internal Rotation** ___ sets of ___ repetitions
 - a) Sit or stand and attach elastic to a stable place at waist level.



- b) Keeping the upper arm at your side, grasp the elastic and pull inward, toward the stomach. Return to the start position and repeat.



2) External Rotation ____sets of ____repetitions

a) Elastic at waist level. The uninvolved shoulder should be on the side of the elastic. With the elbow of the involved arm bent, grasp the elastic.



b) Keeping the arm at your side, pull the elastic outward. Return to start position and repeat.



3) Shoulder Retraction ____sets of ____repetitions

a) Elastic at waist level. Hold the elastic with the arm extended and slight tension on the band.



b) Pull against the elastic by trying to squeeze the shoulder blades together.



4) Shoulder Protraction ____sets of ____repetitions

a) Attach elastic securely at waist level. Grasp elastic with it resting along the outside of the arm and with your back facing the elastic attachment. Start with the elbow slightly bent and feeling some tension on the band.



b) Then pull the elastic forward, allowing the shoulder blade to rotate forward. Return to start position and repeat.



5) Shoulder Abduction ____sets of ____repetitions

a) Attach elastic securely at waist level on the uninvolved side of your body. With the elbow bent, hold onto the elastic with the hand on the side of the shoulder you wish to exercise.



b) Lift arm approximately 50 degrees away from the body. Return to start position and repeat.



6) Shoulder Row ____ sets of ____ repetitions

a) Secure elastic at waist level, folded into two ends or a single strand. Facing the wall, take the elastic in hand(s). Start with the arms extended and slight tension on the band.



b) Pull the elbows back toward the side of the waist. Return to start position and repeat.



7) **Shoulder Extension** ____ sets of ____ repetitions

a) Secure elastic at hip level. Facing the wall, grasp elastic with the arm straight and with slight tension on the band.



b) Pull hand backwards about five inches and then return to starting position and repeat.



