



## Protocol: Rotator Cuff Rehab w/instruction

General Instructions: Hold stretches for 30-40 seconds. Perform stretches daily and exercises starting at 3x/week. Ice post-exercise, if needed. If any stretches cause any excessive discomfort, discontinue and inform the doctor. Modifications to these stretches/exercises can be made, if necessary.

### S34 Pectoralis Stretch in Doorway

With arms positioned in doorway as shown, gently lean forward until a stretch is felt in the chest and shoulders.

Hold \_\_ seconds.  
Repeat \_\_ time(s).  
Do \_\_ session(s) per day.



### S31 Towel Stretch for Shoulder Internal Rotation

With involved arm on bottom, pull towel up with uninvolved arm until a stretch is felt in shoulder.

Hold \_\_ seconds.  
Repeat \_\_ time(s).  
Do \_\_ session(s) per day.



### S21 Finger Ladder - Flexion

Standing in the position shown, walk the fingers of the involved arm up the finger ladder, as high as possible. Hold the stretch. Walk down slowly.

Hold \_\_ seconds. Relax.  
Repeat \_\_ time(s).  
Do \_\_ session(s) per day.



### S20 Finger Ladder - Abduction

Standing in the position shown, walk the fingers of the involved arm up the finger ladder, as high as possible. Hold the stretch. Walk down slowly.

Hold \_\_ seconds. Relax.  
Repeat \_\_ time(s).  
Do \_\_ session(s) per day.





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### S112 Shoulder Blade Pinch

Pinch shoulder blades together as shown.

Hold \_\_ seconds. Relax.  
Repeat \_\_ time(s).  
Do \_\_ session(s) per day.



### S35 Biceps / Pectoralis Stretch

Grasp hands behind back, then slowly raise and straighten arms as you squeeze shoulder blades together.

Hold \_\_ seconds.  
Repeat \_\_ time(s).  
Do \_\_ session(s) per day.



### S29 Shoulder Joint Posterior Capsule Stretch

Gently pull elbow of involved shoulder over chest with opposite hand as shown until a stretch is felt in shoulder.

Hold \_\_ seconds.  
Repeat \_\_ time(s).  
Do \_\_ session(s) per day.



### S28 Shoulder Joint Inferior Capsule Stretch

Gently pull elbow of involved shoulder behind head with opposite hand as shown until a stretch is felt in shoulder.

Hold \_\_ seconds.  
Repeat \_\_ time(s).  
Do \_\_ session(s) per day.





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### S32 Bilateral Shoulder Flexion Stretch Overhead

Lace fingers together and elevate the arms overhead until a stretch in the shoulders is felt. Hold.

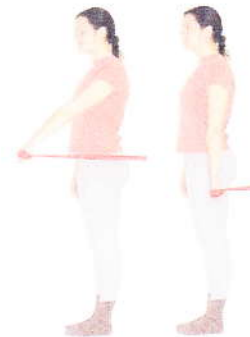
Hold each stretch \_\_ seconds.  
Repeat \_\_ time(s).  
Do \_\_ session(s) per day.



### S83 Resisted Shoulder Flexion (tubing)

Using rubber tubing, begin with arm at side and pull forward and upward as shown.

Repeat \_\_ repetition(s) per set.  
Do \_\_ set(s) per session.  
Do \_\_ session(s) per day.



### S86 Resisted Shoulder Extension (tubing)

Using rubber tubing, keep elbow straight while pulling arm backward as shown.

Repeat \_\_ repetition(s) per set.  
Do \_\_ set(s) per session.  
Do \_\_ session(s) per day.



### S89 Resisted Shoulder Abduction (tubing)

Using rubber tubing, begin with arm at opposite hip and pull across front of body as shown. Note: be sure to keep elbow straight, the woman in the picture is incorrect.

Repeat \_\_ repetition(s) per set.  
Do \_\_ set(s) per session.  
Do \_\_ session(s) per day.





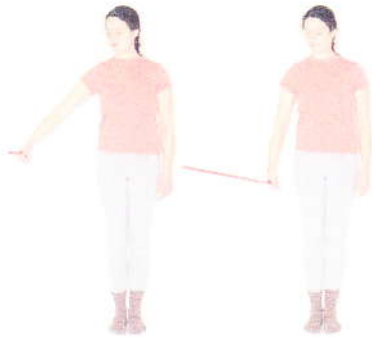
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### S96 Resisted Shoulder Adduction (tubing)

Using rubber tubing, begin with arm out to side and pull in to side of body.

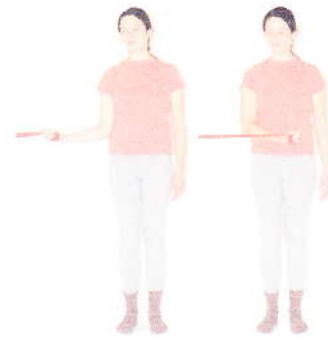
Repeat \_\_ repetition(s) per set.  
Do \_\_ set(s) per session.  
Do \_\_ session(s) per day.



### S99 Resisted Shoulder Internal Rotation (tubing)

Using rubber tubing, keep elbow in at side while you rotate arm inward across body.

Repeat \_\_ repetition(s) per set.  
Do \_\_ set(s) per session.  
Do \_\_ session(s) per day.



### S103 Resisted Shoulder External Rotation (tubing)

Using rubber tubing, keep elbow in at side while you rotate arm outward away from body.

Repeat \_\_ repetition(s) per set.  
Do \_\_ set(s) per session.  
Do \_\_ session(s) per day.

