

FRONT RANGE ORTHOPEDICS

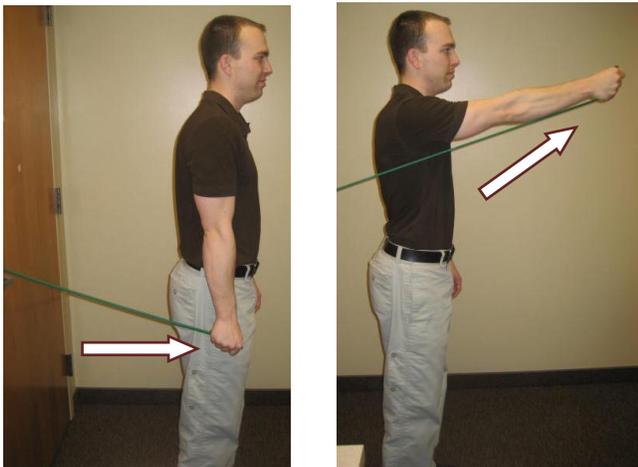
ROTATOR CUFF EXERCISES

Why: The rotator cuff is composed of four muscles which function in providing stability to the shoulder joint. Strengthening the rotator cuff muscles will decrease laxity in the shoulder and therefore decreased pain.

How: There are six basic exercises to strengthen the rotator cuff. None of the exercises are done above shoulder level. You can strengthen the rotator cuff just as effectively and more safely by your side that you can working over your head.

To Begin: Place the knotted end of the tubing around a door knob or secure the knotted end in a closed door. Make sure the band is at elbow level to perform the exercises. Check the band for any knicks or cuts which may lead to a break in the tubing.

Shoulder Flexion: Begin with your back toward the door and arm at your side. Now move your arm forward until your arm reaches shoulder level. Keep your arm straight through the entire motion. Slowly return to the starting position. Repeat.



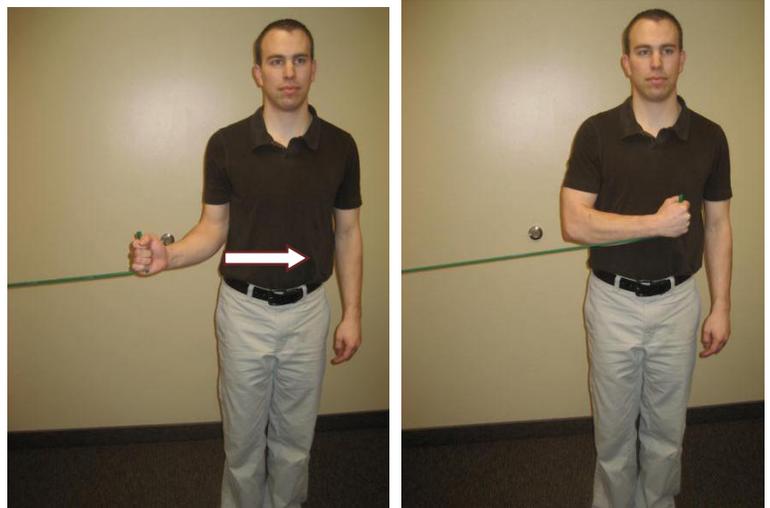
Shoulder Extension: While facing the door allow the tubing to pull your arm forward. Keep your elbow straight and pull your arm forward. Keep your elbow straight and pull your arm back until it reaches a position behind you. Slowly lower your arm forward to the starting position. Repeat.



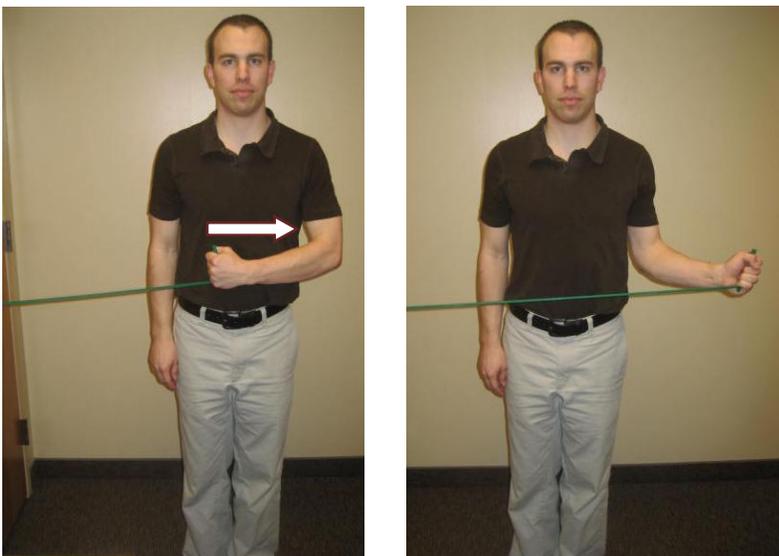


Shoulder Abduction: Stand facing the wall so that your injured arm is farthest from the door. Begin with your arm at your side so that the tubing crosses in front of you. Raise your arm out to the side making sure only the shoulder moves. Slowly return your arm to the starting position. Repeat. It is important that you not raise your shoulder during this exercise.

Internal Rotation: Place a rolled hand towel or tennis ball between your arm and side to help keep your elbow at your side. Begin by facing a wall with the injured arm closest to the door, and your elbow bent to 90 degrees. With your elbow at your side again, move your arm from a position of lying across your stomach to one in which your arm is away from your body. Slowly return to the starting position. Repeat. It is important to keep your elbow at your side during the entire exercise.

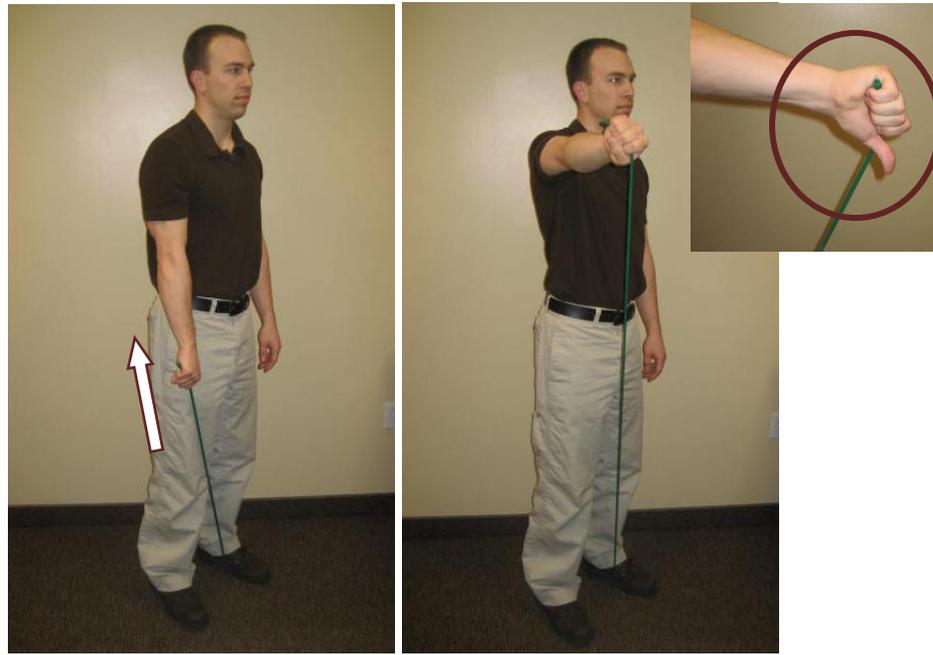


External Rotation: Place a rolled hand towel or tennis ball between your arm and side to help keep your elbow at your side. Begin by facing the opposite wall as with the internal rotation, with the injured arm farthest from the door, and your elbow bent to 90 degrees. With your elbow at your side again, move your arm from a position of lying across your stomach to one in which your arm is away from your body. Slowly return to the starting position. Repeat. It is important to keep your elbow at your side during the entire exercise.



Empty Can Exercise: The exercise focuses directly on the Supraspinatus muscle of the rotator cuff. You may want to wait a week to ten days before beginning this exercise.

Positioning: Stand on one end of the tube with the opposite leg. Hold the other end with your injured arm. You should grasp the tubing with your thumb pointing toward the floor, like you are pouring out the contents of a can. **NOTE: THE POSITION OF THE HAND IS KEY TO THIS EXERCISE.** Also remember to keep the elbow straight. Now raise the arm to shoulder level. The arm should be 30-40 degrees forward of straight out to your side.



Frequency:

Do the exercises 1 time daily, 3-5 days a week. Each exercise should be done 30 times in each session. You can break the total number down into three sets. This works out to be 3 sets of 10 repetitions of each exercise.

Progression: As you get stronger you should increase the number of repetitions or make the tubing tighter. Do not expect results overnight. The doctor will probably see you back in 3-4 weeks and we should see results by then.

Use pain as a guide. We expect these exercises to make your shoulder sore. Try to work through this. If you begin to have sharp pain, modify the exercise by taking some tension off the tubing or decrease the number of repetitions. **DO NOT** stop doing the exercises.