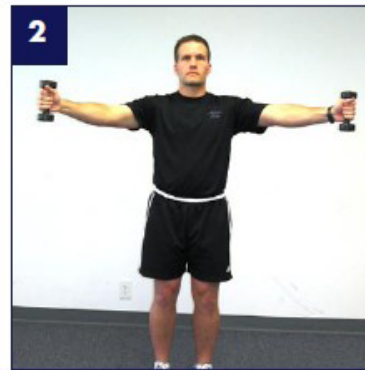


# Rotator Cuff Exercises

## SCAPTION

This strengthens the supraspinatus muscle, the most commonly affected rotator cuff muscle and slowest to heal. Stand with the knees slightly bent (relaxed) holding the dumbbells in such a way that your thumbs are up or on top of the dumbbells. Keep the arms approximately 30-45 degrees forward from being perpendicular or straight out away from the body (scapular plane) and raise the arms up to shoulder height. Pause at the top and slowly lower to the starting position. Keep the elbows straight throughout the entire movement. Avoid any part of the range of motion that causes pain. Perform 2 sets of 15-20 repetitions.



## EXTERNAL ROTATION (DUMBBELL)

This too strengthens the infraspinatus and teres minor. Begin in a side lying position with the elbow at the side of the body and the arm in neutral. Slowly raise the dumbbell through a full pain free range of motion, while keeping the elbow at your side and then slowly return to the starting position. Perform 2 sets of 15-20 repetitions. It is generally best to use a light dumbbell.

