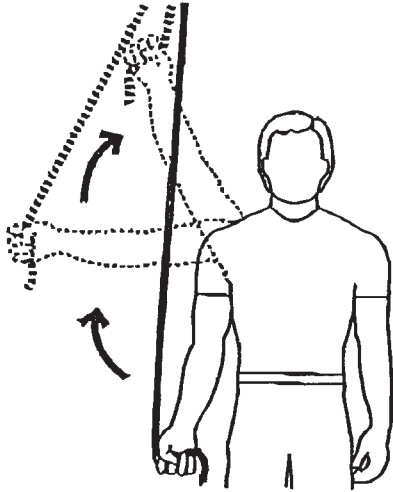




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ROTATOR CUFF EXERCISES



AAROM shld abd w/elastic

- Attach elastic to secure object as shown.
- Begin with arm at side, elbow straight, holding elastic, thumb up.
- Raise arm upward, out to side.
- Return to starting position.

Perform 5 sets of 1 Minute,
once a day.

Perform 1 repetition every 4 seconds.
Use Elastic
Rest 1 minute between sets.

AAROM shld flx bil sit w/elastic

- Attach elastic to secure object.
- Sit with trunk supported facing elastic as shown.
- Grasp elastic with both hands, keeping elbows straight.
- Raise arms up and then return to start position.

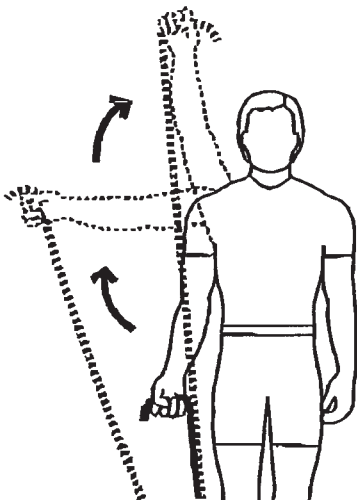
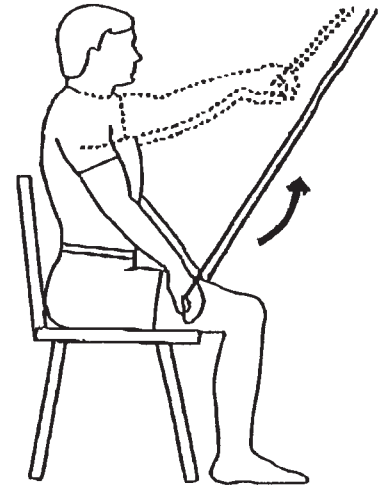
Special Instructions:

Elastic should lift your arms up.

There should be no increased pain when bringing arms downward.

Perform 5 sets of 1 Minute,
once a day.

Perform 1 Repetition every 4 seconds.
Use Elastic.
Rest 1 minute between sets.

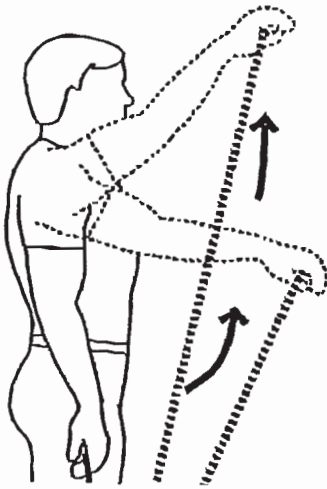


Resist shld abd (vert emphasis) uni w/elastic

- Attach elastic to secure object.
- Begin with arm at side, elbow straight, holding elastic, palm forward.
- Raise arm upward, out to side and over head.
- Return to starting position.

Perform 3 sets of 10 Repetitions,
once every other day.

Perform 1 Repetition every 4 seconds.
Use Elastic.
Rest 1 minute between sets.



Resist shld flx uni w/elastic

- Secure elastic at floor level or stand on elastic.
- Begin with arm at side, elbow straight, palm down.
- Grasp elastic.
- Raise arm in front over head, keeping elbow straight.
- Return to starting position.

Perform 3 sets of 10 Repetitions,
once every other day.

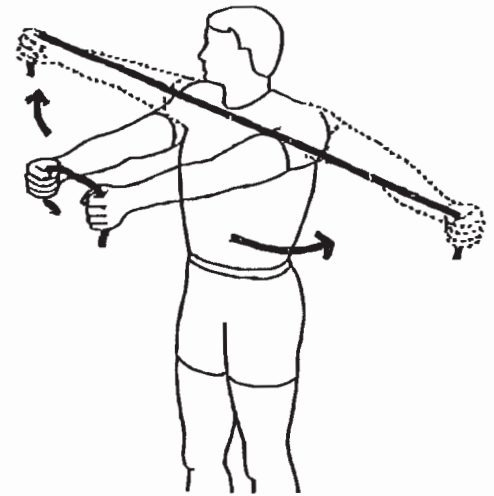
Perform 1 repetition every 4 seconds.
Use Elastic.
Rest 1 minute between sets.

Resist shld horiz abd bil w/elastic

- Grasp elastic in hands, elbows straight, as shown.
- Move arms away from each other, out to sides.
- Return to starting position.

Perform 3 sets of 10 Repetitions,
once every other day.

Perform 1 repetition every 4 seconds.
Use Elastic.
Rest 1 minute between sets.



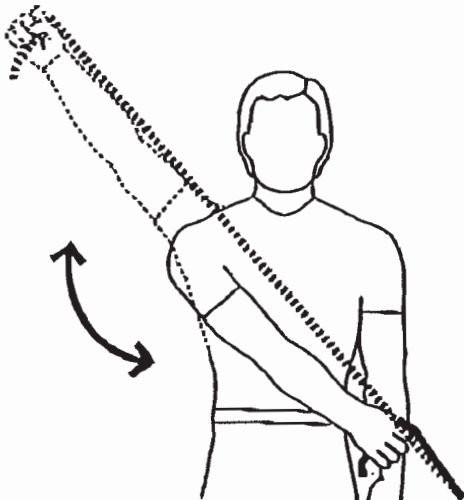
Resist shld diag D2 flx w/elastic

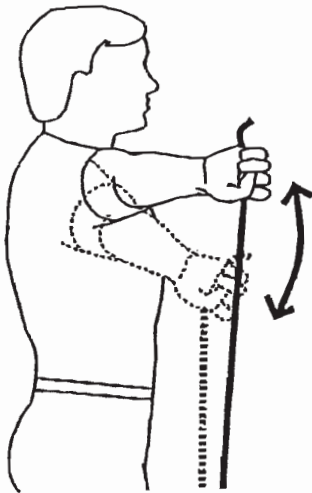
- Attach elastic to secure object at floor level.
- Begin with arm crossed over trunk, holding elastic, palm inward, at opposite hip.
- Raise arm up and diagonally across, ending with palm facing forward.
- Return to starting position and repeat.

Special Instructions:
Do not twist at trunk.

Perform 3 sets of 10 Repetitions,
once every other day.

Perform 1 Repetition every 4 seconds.
Use Elastic.
Rest 1 minute between sets.





Resist shld Supraspinatus lift uni w/elastic

- Secure elastic under foot.
- Hold arm out from sides at 45 degrees as shown.
- Hold elastic in hand with thumbs down.
- Lower and raise arm.

Special Instructions:

Do not raise past shoulder level.

Perform 3 sets of 10 Repetitions,
once every other day.

Perform 1 Repetition every 4 seconds.

Use Elastic.

Rest 1 minute between sets.

Resist shld ER uni w/elastic

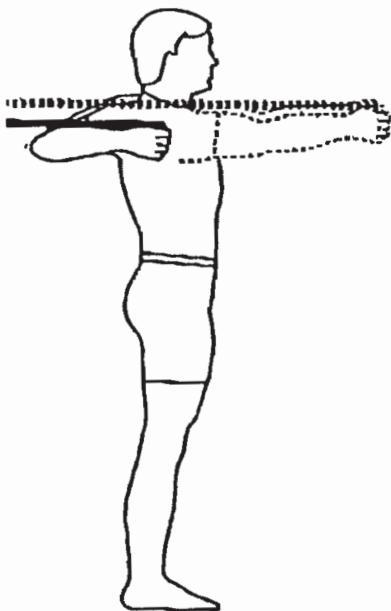
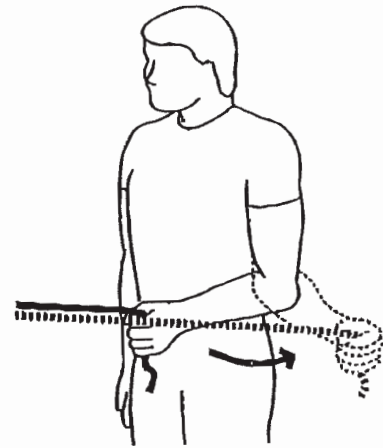
- Attach elastic to secure object at elbow height.
- Sit or stand, uninvolved side toward elastic.
- Arm at side, elbow bent.
- Grasp elastic, move forearm away from elastic.
- Return to starting position.

Perform 3 sets of 10 Repetitions,
once every other day.

Perform 1 repetition every 4 seconds.

Use Elastic.

Rest 1 minute between sets.



Resist shld presses bil w/elastic

- Attach elastic to secure object at shoulder level.
- Sit or stand as shown.
- Hold elastic in hands, arms out from side, elbows bent, as shown.
- Push forward, straightening elbows.
- Return to start position and repeat.

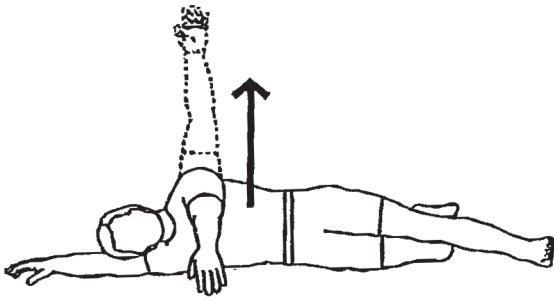
Perform 3 sets of 10 Repetitions,
once every other day.

Perform 1 Repetition every 4 seconds.

Use Elastic.

Rest 1 minute between sets.

AROM shld horiz abd sidelying high level



- Lie on uninvolved side with involved arm at 90 degrees, out in front, elbow straight, palm down.
- Move arm upward, as shown.
- Return to start position and repeat.

Perform 3 sets of 20 Repetitions,
once every other day.

Perform 1 Repetition every 4 seconds.
Rest 1 minute between sets.

Resist shld IR uni w/elastic

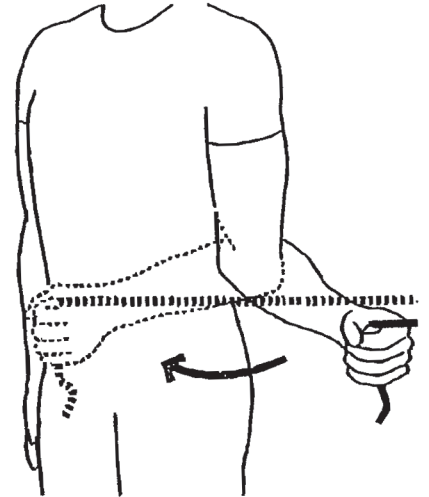
- Secure elastic at waist level.
- Sit or stand with involved side to elastic, elbow at 90 degrees, arm at side.
- Grasp elastic and pull hand inward, across body, as shown.
- Return to start position.

Special Instructions:

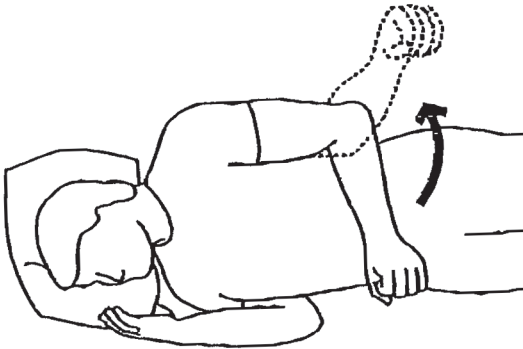
Keep arm at side.

Perform 3 sets of 10 Repetitions,
once every other day.

Perform 1 repetition every 4 seconds.
Use Elastic.
Rest 1 minute between sets.



AROM shld ER uni sidelying



- Lie on side, involved side up.
- Arm at side, elbow bent.
- Rotate arm up as shown.
- Return to starting position.

Perform 3 sets of 20 Repetitions,
once a day.

Perform 1 Repetition every 4 seconds.
Rest 1 minute between sets.

AROM shld protract uni supine

- Lie on back, elbow straight, arm straight up.
- Move arm up toward ceiling.
- Return to start position and repeat.
- Leave uninvolved arm at side.

Perform 3 sets of 20 Repetitions,
once a day.

Perform 1 Repetition every 4 seconds.
Rest 1 minute between sets.

