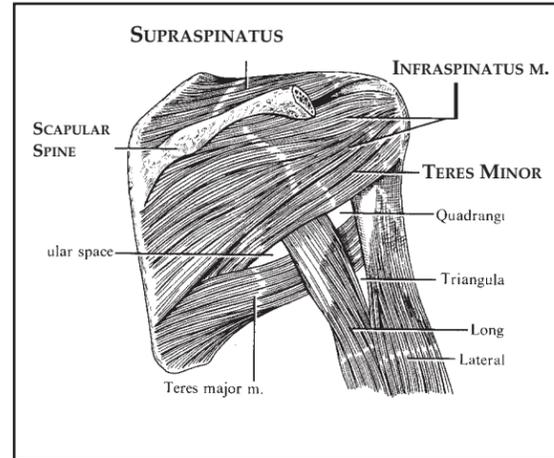
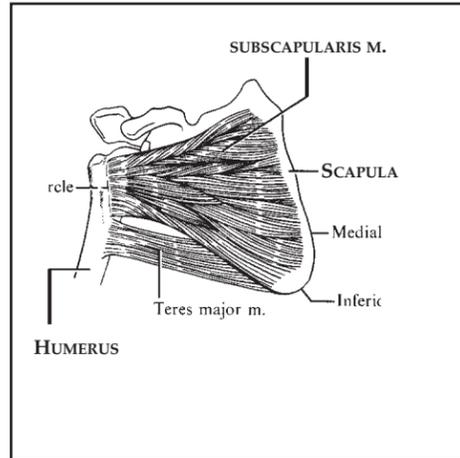


This program involves strengthening two basic muscle groups:

The Rotator Cuff Muscles

SUBSCAPULARIS, SUPRASPINATUS, INFRASPINATUS & TERES MINOR

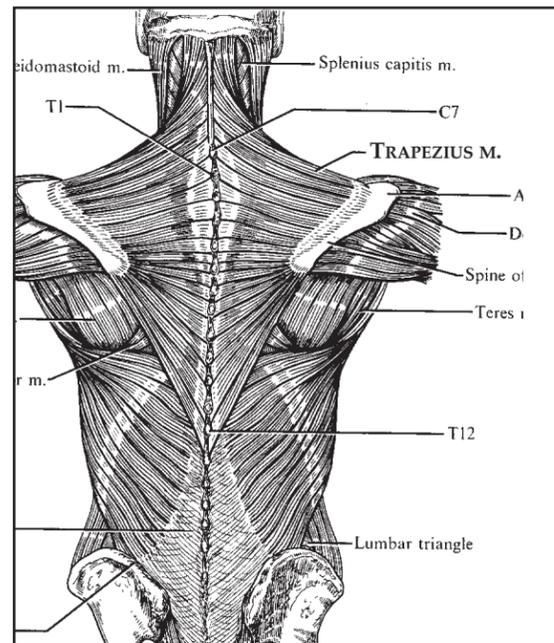
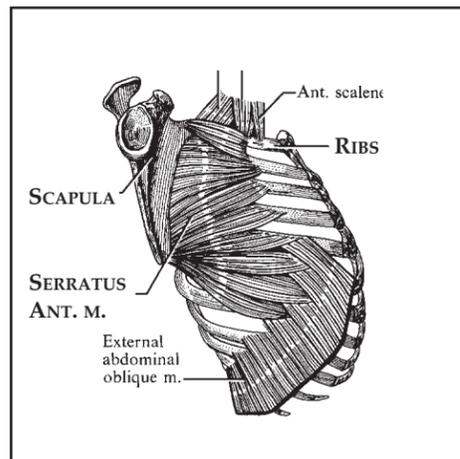
This group of four muscles is essential for elevating the arm overhead, rotating the arm (as when throwing something), and stabilizing the shoulder joint when it is being stressed (picking up objects, doing overhead lifting, etc.)



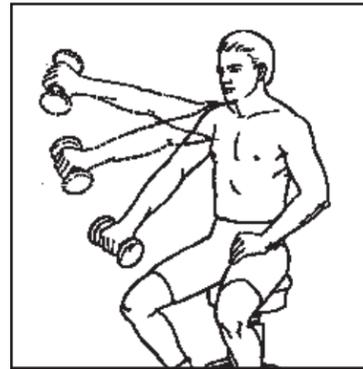
The Scapular Stabilizers

Serratus Anterior & Trapezius

The scapula (shoulder blade) moves in concert with the shoulder joint to allow full elevation of the arm overhead as well as full arm rotation. Improperly conditioned scapular muscles can greatly affect shoulder function.

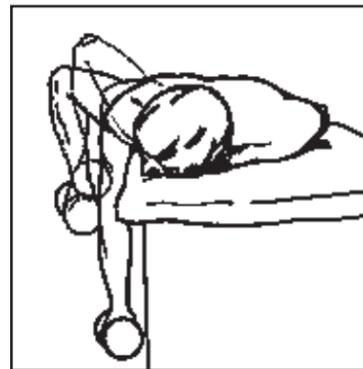


- These muscles are endurance muscles; you must do a high number of repetitions (15) in each set. For press-ups and push-ups, do as many as possible in each set, up to 15.
- Do 3 sets of each exercise 3 times/week (not everyday).
- Use as much weight as you can for each set for the greatest benefit.
- The amount of weight used depends on the exercise. Some are more difficult (e.g.) prone elevation) and you will have to use less weight.



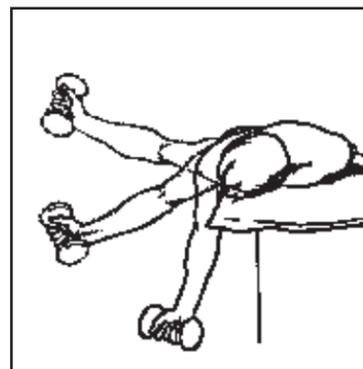
Supraspinatus

Keep the elbow straight and the hand rotated so that the thumb points toward the floor, elevate the arm up to shoulder level, keeping the arm halfway between being out in front and out to the side



Prone Rowing

Lie prone (face down) on the edge of a table, with the arm over the side. Move the arm up and down in a rowing motion. The elbow should move directly toward the ceiling as you do this.

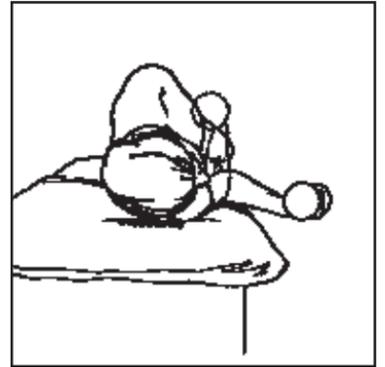


Prone Arm Elevation

Lie in the prone position, keep the elbow straight and the thumb pointing upward, slowly raise and lower the arm out to the side.

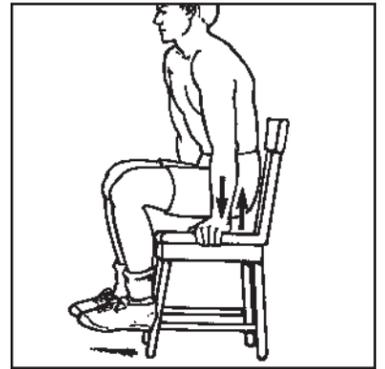
Side-Lying Internal Rotation

Lie on the shoulder being exercised, keep the elbow bent 90° and slightly in front of the body, hand resting on the floor or table, slowly rotate the arm, bringing the hand toward the body, then slowly lower



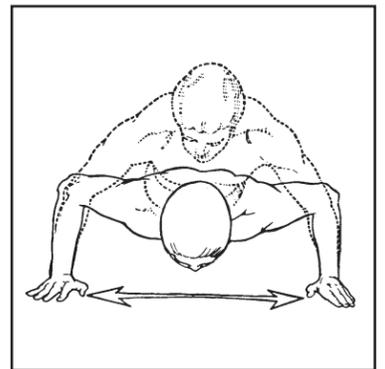
Press-ups

Sit on a chair, push your hands down on the chair seat and lift your body off the seat. Hold for a few seconds then lower yourself down



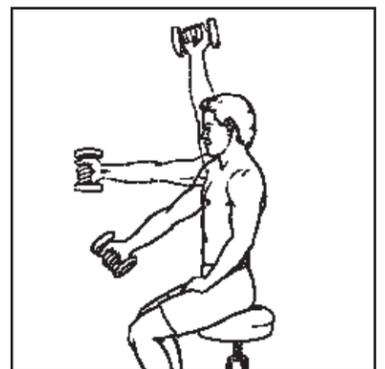
Push-up - hands apart

Do the normal push-up with the hands apart; as you lower do not drop below your elbows otherwise you may overstress the shoulders. You can begin by doing the push-up leaning against a wall. When you are stronger, do the exercise on the floor.

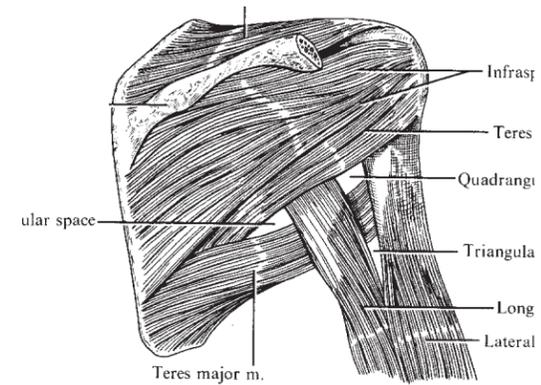


Flexion

Keep the elbow straight and the hand rotated so the thumb points upward. Elevate the arm overhead by bringing it directly out in front of you.



Rotator Cuff Strengthening Program



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