



Prepared for: _____

Prepared by: _____

Rotator Cuff and Shoulder Conditioning Program

Purpose of Program

After an injury or surgery, an exercise conditioning program will help you return to daily activities and enjoy a more active, healthy lifestyle. Following a well-structured conditioning program will also help you return to sports and other recreational activities.

This is a general conditioning program that provides a wide range of exercises. To ensure that the program is safe and effective for you, it should be performed under your doctor's supervision. Talk to your doctor or physical therapist about which exercises will best help you meet your rehabilitation goals.

Strength: Strengthening the muscles that support your shoulder will help keep your shoulder joint stable. Keeping these muscles strong can relieve shoulder pain and prevent further injury.

Flexibility: Stretching the muscles that you strengthen is important for restoring range of motion and preventing injury. Gently stretching after strengthening exercises can help reduce muscle soreness and keep your muscles long and flexible.

Target Muscles: The muscle groups targeted in this conditioning program include:

- Deltoids (front, back and over the shoulder)
- Trapezius muscles (upper back)
- Rhomboid muscles (upper back)
- Teres muscles (supporting the shoulder joint)
- Supraspinatus (supporting the shoulder joint)
- Infraspinatus (supporting the shoulder joint)
- Subscapularis (front of shoulder)
- Biceps (front of upper arm)
- Triceps (back of upper arm)

Length of program: This shoulder conditioning program should be continued for 4 to 6 weeks, unless otherwise specified by your doctor or physical therapist. After your recovery, these exercises can be continued as a maintenance program for lifelong protection and health of your shoulders. Performing the exercises two to three days a week will maintain strength and range of motion in your shoulders.

Getting Started

Warmup: Before doing the following exercises, warm up with 5 to 10 minutes of low impact activity, like walking or riding a stationary bicycle.

Stretch: After the warm-up, do the stretching exercises shown on Page 1 before moving on to the strengthening exercises. When you have completed the strengthening exercises, repeat the stretching exercises to end the program.

Do not ignore pain: You should not feel pain during an exercise. Talk to your doctor or physical therapist if you have any pain while exercising.

Ask questions: If you are not sure how to do an exercise, or how often to do it, contact your doctor or physical therapist.

Additional Notes



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STRETCHING EXERCISES

1. Pendulum

Repetitions
2 sets of 10

Days per week
5 to 6

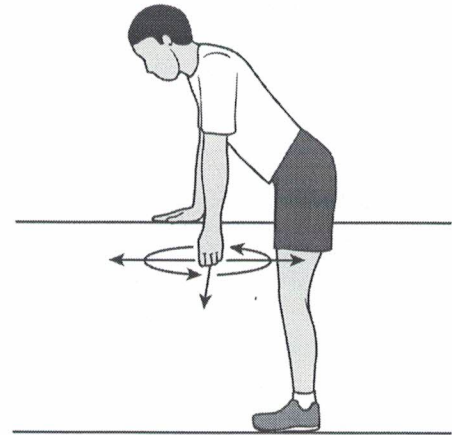
Main muscles worked: Deltoids, supraspinatus, infraspinatus, subscapularis

Equipment needed: None

Step-by-step directions

- Lean forward and place one hand on a counter or table for support. Let your other arm hang freely at your side.
- Gently swing your arm forward and back. Repeat the exercise moving your arm side-to-side, and repeat again in a circular motion.
- Repeat the entire sequence with the other arm.

Tip Do not round your back or lock your knees.



2. Crossover Arm Stretch

Repetitions
4 each side

Days per week
5 to 6

Main muscles worked: Posterior deltoid
You should feel this stretch at the back of your shoulder

Equipment needed: None

Step-by-step directions

- Relax your shoulders and gently pull one arm across your chest as far as possible, holding at your upper arm.
- Hold the stretch for 30 seconds and then relax for 30 seconds.
- Repeat with the other arm.

Tip Do not pull or put pressure on your elbow.

