



Top 3 Rotator Cuff Exercises



Goals

- Pain free range of motion
- Pain free muscle contraction within range of motion
- Pain management & self pacing strategies

Range of Motion

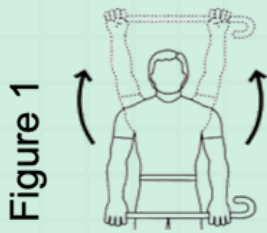


Figure 1

Assisted Flexion

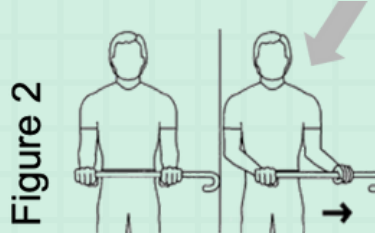


Figure 2

Assisted Internal and External Rotation

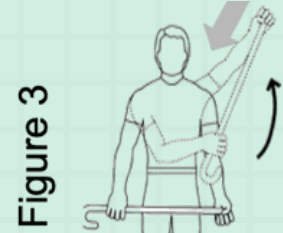


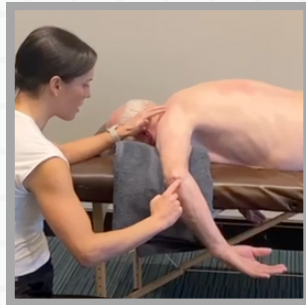
Figure 3

Assisted Abduction

Rotation Specific



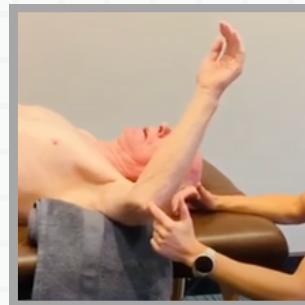
Abduction deficit



Prone Internal and External Rotation

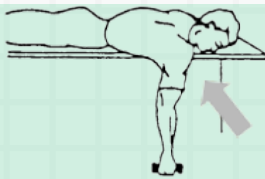
OR

Flexion deficit

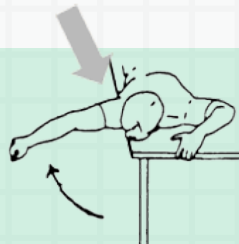


Supine Internal and External Rotation

Strength



Resisted Extension



Resisted Abduction



Resisted Flexion