

ROTATOR CUFF REPAIR (PHASE 3: Loading Phase WEEKS 12+)

ROTATION OUT WITH THERABAND



ROTATION IN WITH THERABAND



PUSHING MOTION WITH THERABAND



PULLING MOTION WITH THERABAND



OUT FROM SIDE WITH THERABAND



IN TO SIDE WITH THERABAND



ROTATION OUT (EXTERNAL ROTATION) IN SIDELIYING



Lie on your side with a light weight in your hand. Rotate your arm outwards. Maintain control throughout the movement.

EXTERNAL ROTATION IN SUPPORTED ABDUCTION & SCAPTION



Rest your elbow on your knee as shown. Lift your hand towards the ceiling by rotating your shoulder. Start with a light weight. Vary your body position between sets.

LOWER TRAPEZIUS SEATED LIFT



Maintain straight elbows. Lift bum off seat by pulling shoulder blades down. Place hands or fists on handles, books or blocks.

SHOULDER PRESS



SHOULDER ABDUCTION WITH WEIGHT



SHOULDER FLEXION WITH WEIGHT



REVERSE PUNCH



Pull hand / weight to arm-pit. Kneel and lean on a stool or chair.

CLOSED CHAIN EXERCISES ON FLOOR (WEIGHT TRANSFERENCE, CRAWLING, BEAR CRAWLS ETC)



COMBINATION LOADING (easy band to start with) – variation is the key!



SLEEPER STRETCH (pain free please)

(only when able to tolerate lying on your side)



POSTERIOR SHOULDER STRETCH

