

Rotator Cuff Exercises Using an Exercise Band

Starting Position

Attach the exercise band up high. You can tie a knot in the exercise band, and then close it over a door. Make sure the door is closed tight.

Make sure your shoulder blades are set in a back and down position. Hold a good upright posture.

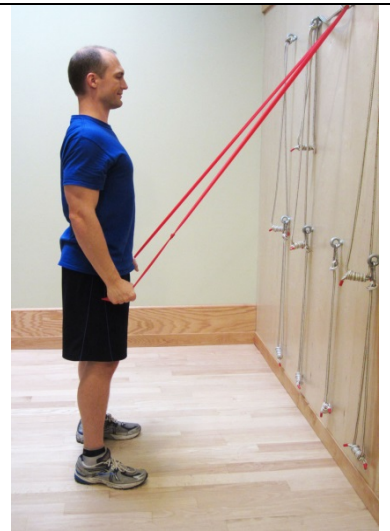


Shoulder Extension Exercise

Keep your elbows straight and your shoulder blades set back and down to maintain a good posture. Don't allow your shoulders to shrug up.

Extend the arms backward until they reach your side. Hold for 1 second, and then repeat. Depending on your strength level, the resistance of the band will change as will the number of repetitions performed.

I recommend starting with **2 sets of 10 repetitions.**



Shoulder External Rotation Exercise

Keep your shoulder blades set back and down to maintain a good posture. Don't allow your shoulders to shrug up.

Grab the exercise band (palms facing up) with the elbows remaining close to your sides. Pull your hands apart from each other. Make sure your forearms remain parallel to the floor.

I recommend starting with **2 sets of 10 repetitions.**

