

ROTATOR CUFF PREHAB/REHAB EXERCISES

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Studies have shown that rotator cuff tears are becoming much more common in older adults. One study states that advanced age increases the prevalence of rotator cuff tears, with incidence rates as high as 80% (Geary, 2015) This fact makes it all the more important that we, as a society, put a big focus on rotator cuff strengthening.

The rotator cuff consists of four muscles around the shoulder: supraspinatus, infraspinatus, subscapularis, and teres minor (Geary, 2015). It is important that we strengthen these muscles to help stabilize the shoulder and reduce the risk of injury or reinjury.

Geary, M. B., & Elfar, J. C. (2015). Rotator

Cuff tears in elderly patients. *Geriatric Orthopaedic surgery & rehabilitation*, 6(3), 220-224.

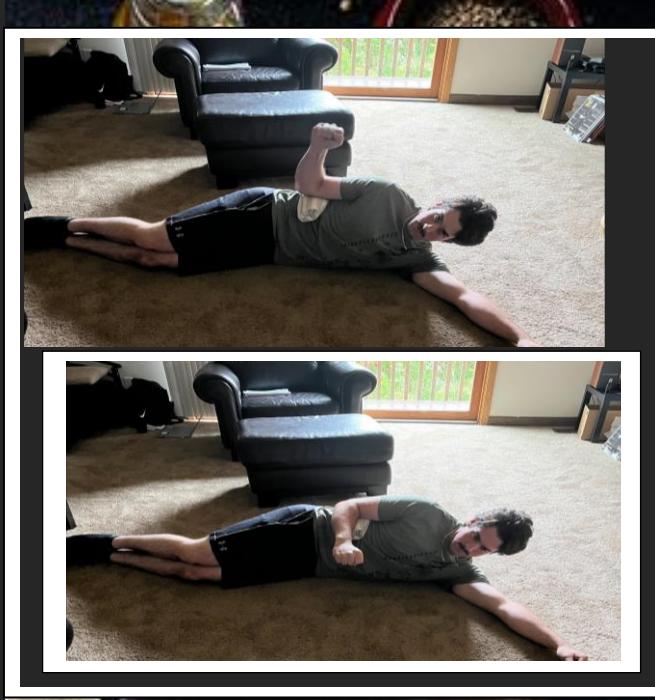
SIDE EXTERNAL ROTATION W/ TOWEL

Lay on your side with your arm at a 90° degree angle resting on your waist. Place a towel roll under your elbow and try to point your fist towards the ceiling while keeping your elbow and shoulder in place. Start with no weight and progress to a 1 or 2 pound dumbbell.



HORIZONTAL ADDUCTION/ABDUCTION

LAY ON YOUR SIDE WITH YOUR TOP ARM RESTING STRAIGHT DOWN THE SIDE OF YOUR BODY. LIFT THE ARM STRAIGHT UP UNTIL YOUR HAND IS OVER YOUR SHOULDER. ONCE HERE, BRING YOUR ARM ACROSS YOUR BODY TOWARDS THE GROUND/TABLE. ONCE YOU REACH THE GROUND, BRING YOUR ARM BACK ABOVE YOUR SHOULDER AND THEN BACK DOWN TO YOUR SIDE.



Banded Side Internal Rotation

Have a band anchored to the wall at about waist height. Put your arm down at your side and bring your forearm up to form a 90° degree angle. Stand perpendicular to the band's attachment. Grab the band so that the back of your fist is facing the band's origin. Then bring your hand towards your stomach while keeping your elbow and shoulder in place.

