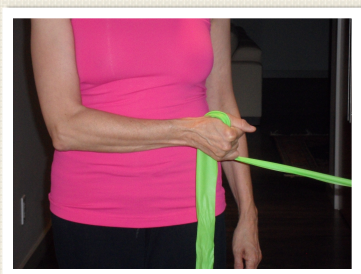


Shoulder Rehabilitation

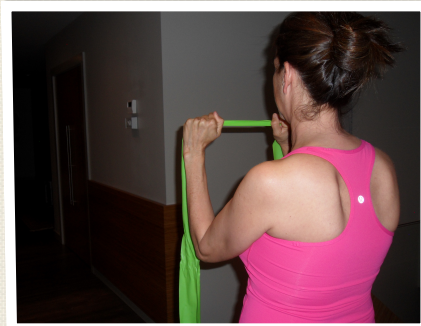
When exercising the rotator cuff tendons you must use proper technique to prevent further injury and to promote success. All of the exercises demonstrated below must be performed with a stable shoulder **BLADE!** You must keep the shoulder blade flat against your back when exercising - do not let it flail (wing) or move while performing any other these exercises. This will help you strengthen your posture which will eventually help eliminate the impingement that is contributing to (and often causing) your shoulder pain. Be patient as this can take 3-6 months to occur. You can use Theraband tubing (preferred) or light free-weights to do these exercises. Try to perform 3 sets of 10-15 repetitions of each exercise. If your shoulder is sore afterwards you should ice it for 15-20 minutes or take some Ibuprofen (200-400 mg). Try to do these exercises daily, or at least every second day.



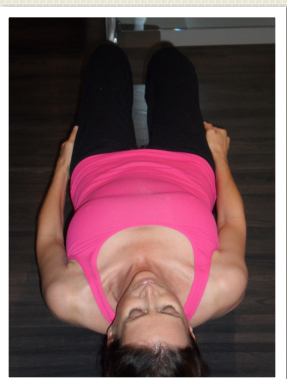
Keep elbow at your side. Rotate arm across your body pulling tubing



Step on tubing and pull away from you with your thumb pointing down to the floor



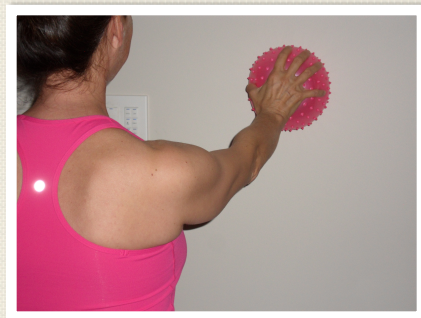
Keep elbows in. Pull tubing apart until your fists are even with shoulders. Move tubing up and down, the length of your face.



Laying on foam roller reach from arms beside you to over your head. Starting position.



Ending position



Keep shoulder blade fixed. Roll the ball in various directions slowly and with purpose.