



Rotator Cuff

Standing or sitting in readiness position.
Attach tubing at elbow level from opposite side of body.
Hold tubing against stomach keeping elbow bent to 90° and tight to side of body.
Pull tubing out away from body keeping elbow tight to side.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Rotator Cuff

Standing or sitting in readiness position.
Attach tubing at elbow level from same side of body.
Hold tubing out away from body, keeping elbow bent to 90° and tight to the side.
Pull tubing in toward stomach keeping elbow against side.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Rotator Cuff

Sitting or standing in readiness position.
Attach tubing in front at shoulder height.
Elbow up at shoulder level and bent to 90°, hold tubing with palm facing down.
Slowly pull tubing up and backward in a circular motion without raising or lowering the elbow.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Shoulder Extension

Standing in readiness position.
Attach tubing up past shoulder level.
Hold tubing straight out in front of body keeping elbow slightly bent and palm facing inward.
Slowly pull tubing straight down to side of body.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

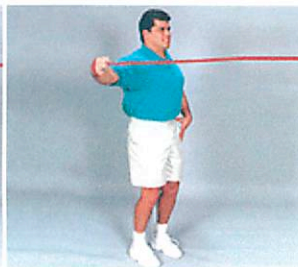


Lateral Raise

Standing in readiness position.
Step on tubing and hold tubing down at side keeping elbow slightly bent and palm facing inward.
Raise arm up and away from side toward shoulder level while rotating hand so palm faces down.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Horizontal Extension

Standing in readiness position.
Attach tubing in front of body at shoulder level.
Hold tubing straight out in front of body keeping elbow slightly bent and palm facing inward.
Keeping arm at shoulder level, slowly bring arm backward in a circular motion.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

