

Rotator Cuff and Shoulder Conditioning Program

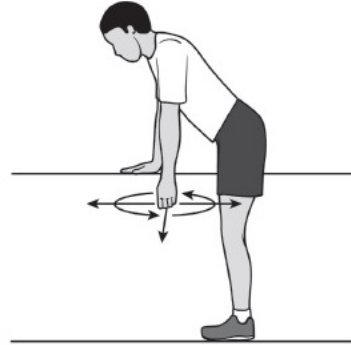
Pendulum

Repetitions
2 sets of 10

Days per week
5 to 6

Main muscles worked: Deltoids, supraspinatus, infraspinatus, subscapularis

Equipment needed: None



Step-by-step directions

- Lean forward and place one hand on a counter or table for support. Let your other arm hang freely at your side.
- Gently swing your arm forward and back. Repeat the exercise moving your arm side-to-side, and repeat again in a circular motion.
- Repeat the entire sequence with the other arm.

Tip Do not round your back or lock your knees.

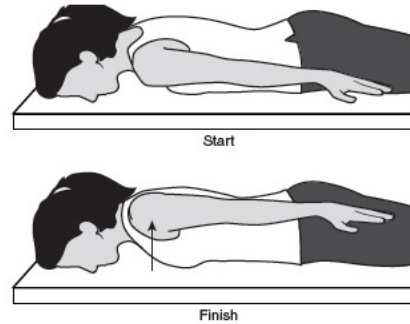
Scapula Setting

Repetitions
10

Days per week
3

Main muscles worked: Middle trapezius, serratus
You should feel this exercise in your upper back, at your shoulder blade

Equipment needed: None



Step-by-step directions

- Lie on your stomach with your arms by your sides. Place a pillow under your forehead for comfort, if required.
- Gently draw your shoulder blades together and down your back as far as possible.
- Ease about halfway off from this position and hold for 10 seconds.
- Relax and repeat 10 times.

Tip Do not tense up in your neck.

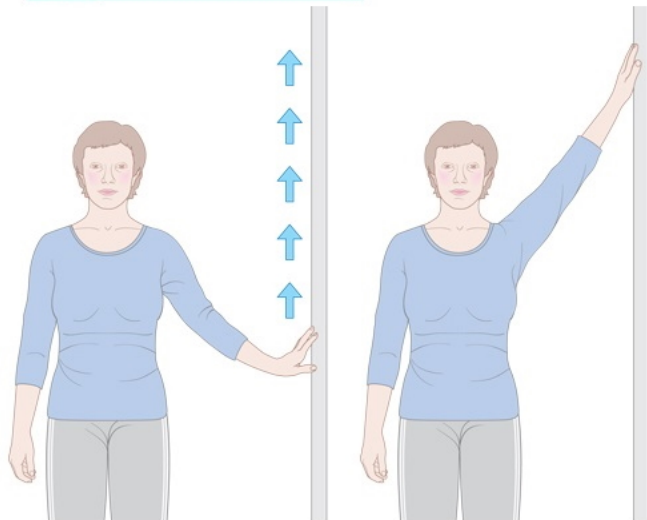


Diagram showing how to walk your arm up a wall sideways after breast reconstruction surgery
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Walk your hand up and down the wall using your fingers

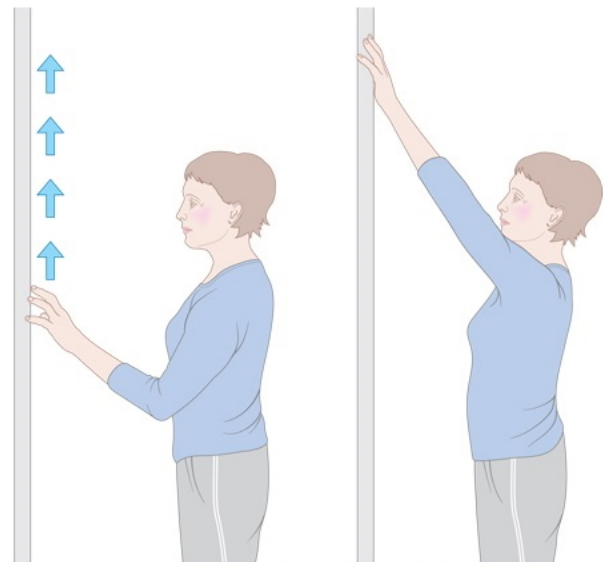


Diagram showing how to do a walk your fingers up a wall exercise after breast reconstruction surgery
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Walk your hand up and down the wall using your fingers

Standing Row

Repetitions

3 sets of 8

Days per week

3

Main muscles worked: Middle and lower trapezius

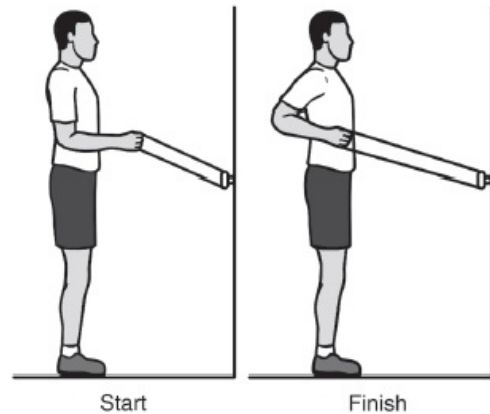
You should feel this exercise at the back of your shoulder and into your upper back

Equipment needed: Use an elastic stretch band of comfortable resistance. As the exercise becomes easier to perform, progress to 3 sets of 12 repetitions. If you have access to a fitness center, this exercise can also be performed on a weight machine. A fitness assistant at your gym can instruct you on how to use the machines safely.

Step-by-step directions

- Make a 3-foot-long loop with the elastic band and tie the ends together. Attach the loop to a doorknob or other stable object.
- Stand holding the band with your elbow bent and at your side, as shown in the start position.
- Keep your arm close to your side and slowly pull your elbow straight back.
- Slowly return to the start position and repeat.

Tip Squeeze your shoulder blades together as you pull.



External Rotation With Arm Abducted 90°

Repetitions

3 sets of 8

Days per week

3

Main muscles worked: Infraspinatus and teres minor

You should feel this exercise at the back of your shoulder and into your upper back

Equipment needed: Use an elastic stretch band of comfortable resistance. As the exercise becomes easier to perform, progress to 3 sets of 12 repetitions. If you have access to a fitness center, this exercise can also be performed on a weight machine. A fitness assistant at your gym can instruct you on how to use the machines safely.

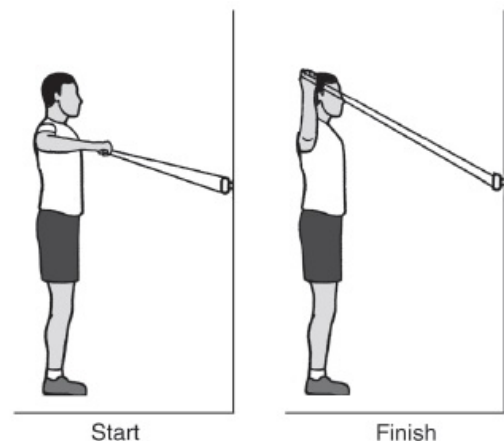
Step-by-step directions

- Make a 3-foot-long loop with the elastic band and tie the ends together. Attach the loop to a doorknob or other stable object.
- Stand holding the band with your elbow bent 90° and raised to shoulder-height, as shown in the start position.
- Keeping your shoulder and elbow level, slowly raise your hand until it is in line with your head.
- Slowly return to the start position and repeat.

Tip Make sure your elbow stays in line with your shoulder.

Internal Rotation with Arm Abducted 90

Turn around and Start with the Arm up and bring it Down as a finishing position



SHOULDER - 42 Strengthening Activities
 Active Resistive Abduction

Using tubing, start with arm across body and pull away from side. Move through pain free range of motion.

Repeat 10 times.
 Do 3 sessions per day.



SHOULDER - 41 Strengthening Activities
 Active Resistive Flexion

Using tubing, start with arm at side and pull arm outward and upward. Move shoulder through pain free range of motion.

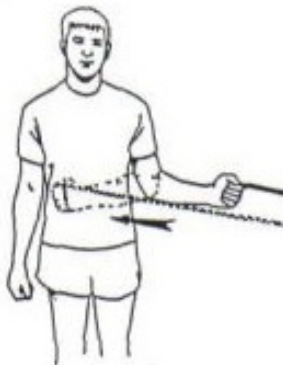
Repeat 10 times.
 Do 3 sessions per day.



SHOULDER - 44 Strengthening Activities
 Active Resistive Internal Rotation

Using tubing, and keeping elbow in at side, rotate arm inward across body. Be sure to keep forearm parallel to floor.

Repeat 10 times.
 Do 3 sessions per day.



SHOULDER - 43 Strengthening Activities
 Active Resistive External Rotation

Using tubing, and keeping elbow in at side, rotate arm outward away from body. Be sure to keep forearm parallel to floor.

Repeat 10 times.
 Do 3 sessions per day.



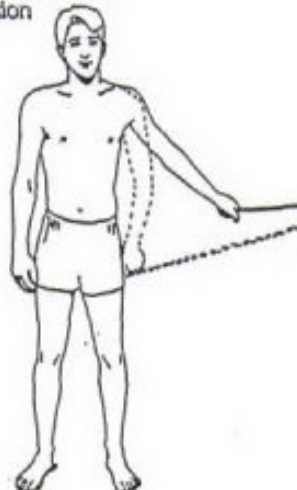
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SHOULDER - 46 Strengthening Activities
 Active Resistive Adduction

Using tubing, pull arm in toward buttock. Do not twist or rotate trunk.

Repeat 10 times.
 Do 3 sessions per day.



SHOULDER - 45 Strengthening Activities
 Active Resistive Extension

Using tubing, pull arm back. Be sure to keep elbow straight.

Repeat 10 times.
 Do 3 sessions per day.



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