

## Rotator Cuff – Stage 2

6 Weeks

February / March

Endurance Phase done 3-4 times a week

Exercises	Reps	Sets	Method/Tempo
Internal Rotation w/ Tubing	8-10	1	Tubing/ controlled
External rotation w/tubing	8-10	1	Tubing/controlled
External rotation	10	3	DB/controlled
Prone horizontal abduction	10	4 (2 sets with thumb and 2 sets with palm down)	DB/controlled
Supine horizontal adduction	10	4 (2 sets with thumb up and 2 sets with palm down)	DB/controlled
Internal rotation	10	3	DB/controlled
Prone Shoulder flexion	10	4 (2 sets with thumb up and 2 sets with palm down)	DB/controlled
Supine Shoulder flexion	10	3	DB/controlled

Instructions: If you would like to see video of the following exercises please check my youtube page at <http://www.youtube.com/user/Greg16SK> - **be sure you do the excercises with your throwing and non-throwing arm!**

Internal rotation with tubing – attach tubing to fence or machine at shoulder height. Position your arm at 90 degrees in a throwing L position and hold tubing with palm facing forward. Move tubing forward keeping elbow in throwing L position.

External Rotation with tubing – complete the same exercise as above except face the spot where you have attached the tubing and pull the tubing towards you in the throwing L position.

External rotation with Dumbbell – Sitting on a bench or exercise ball – in the throwing L position with your forearm parallel to the ground externally rotate your arm until the forearm and DB is perpendicular to the floor.

Prone horizontal abduction – in a prone position on a bench hold a dumbbell with your palm down – slowly raise the dumbbell laterally to the side. Keep your arm straight throughout the movement.

Supine horizontal adduction – lying flat on a bench extend your arm laterally grip the dumbbell with palm facing up – raise your arm upward until it is perpendicular to the ground. Keep your arm straight.

Internal rotation – same as Internal rotation with tubing except use a dumbbell.

Prone shoulder flexion – in a prone position on a bench raise your arm forward until it is parallel to the ground. Keep your arm straight throughout entire movement.