

8 Week – Rotator Cuff – Stage 1
December / January

Strength Phase - 8 weeks – done 3 times per week

Exercises	Reps	Sets	Method / tempo
Internal Rotation	8-10	1	Tubing / controlled
External Rotation	8-10	1	Tubing /controlled
External rotation	8	1	w/ DB / controlled
Prone horizontal abduction	6 with thumb down 6 with palm down	1	w/ DB / controlled
Supine horizontal adduction	4 with thumb up and 4 with palm up	1	w/ DB / controlled
Internal rotation	4	1	W / DB /controlled
Prone shoulder flexion	4 with thumb up and 4 with thumb down	1	W / DB / controlled
Supine shoulder flexion	4	1	W / 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 Dumbell – 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.