

Rotator Cuff – Stage 3

March - April

Functional Phase done 3-4 times per 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 w/ tubing	20 seconds	5	Tubing/controlled
Internal rotation w/tubing	20 seconds	5	Tubing/controlled
D2 Flexion	20 seconds	5	DB/controlled
D2 Extension	20 seconds	5	DB/controlled
Shoulder Flexion (thumb up)	20 seconds	5	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 exercises with your throwing and non-throwing arm!**

D2 Flexion – Lie on the bench facing up and with your arm in at the overhead position – keep your arm straight – hold the DB with palm facing toward ceiling. Bring the hand holding the DB down diagonally across your body to the outer position of your opposite leg. In a controlled pace bring your arm to the starting position and repeat.

D2 Extension – Start in a standing position and bend slightly at waist with your hand holding the DB at your opposite knee. Hold DB with palm down – in a controlled manner bring your arm diagonally across your body to the overhead position keeping your arm straight – return to starting position and repeat.

Shoulder Flexion (thumb up) – start with dumbbell at your side – slowly raise dumbbell to shoulder height with thumb up – repeat.