

## ROTATOR CUFF REPAIR (PHASE 3: Loading Phase WEEKS 12+)

### ROTATION OUT WITH THERABAND



### ROTATION IN WITH THERABAND



### PUSHING MOTION WITH THERABAND



### PULLING MOTION WITH THERABAND



### OUT FROM SIDE WITH THERABAND



### IN TO SIDE WITH THERABAND



### ROTATION OUT (EXTERNAL ROTATION) IN SIDELYING



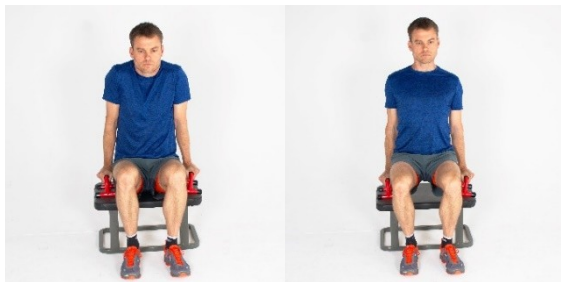
Lie on your side with a light weight in your hand. Rotate your arm outwards. Maintain control throughout the movement.

### EXTERNAL ROTATION IN SUPPORTED ABDUCTION & SCAPTION



Rest your elbow on your knee as shown. Lift your hand towards the ceiling by rotating your shoulder. Start with a light weight. Vary your body position between sets.

### LOWER TRAPEZIUS SEATED LIFT



Maintain straight elbows. Lift bum off seat by pulling shoulder blades down. Place hands or fists on handles, books or blocks.

### SHOULDER PRESS



### SHOULDER ABDUCTION WITH WEIGHT



### REVERSE PUNCH



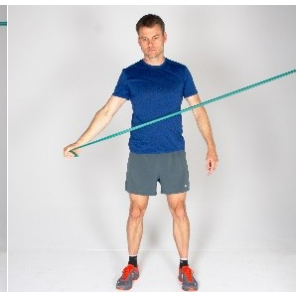
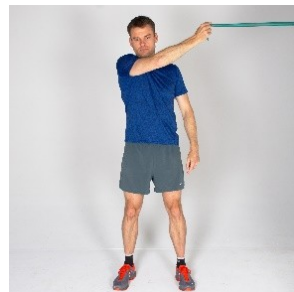
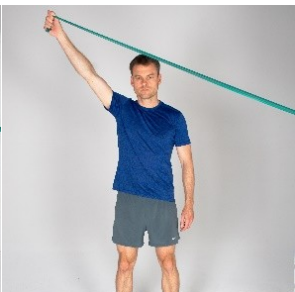
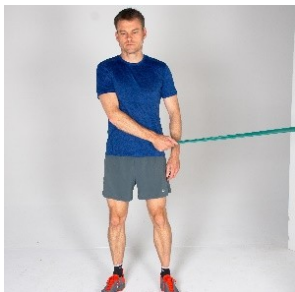
Pull hand / weight to arm-pit. Kneel and lean on a stool or chair.



#### CLOSED CHAIN EXERCISES ON FLOOR (WEIGHT TRANSFERENCE, CRAWLING, BEAR CRAWLS ETC)



#### COMBINATION LOADING (easy band to start with) – variation is the key!





**SLEEPER STRETCH (painfree please)**

**(only when able to tolerate lying on your side)**



**POSTERIOR SHOULDER STRETCH**

