Strengthening exercises for rotator cuff injuries

1. **Static exercises**

These can be done in the early stages of rehabilitation. There is no movement involved. The muscles are contracted against an immovable object such as a wall. If an exercise is painful, do not do it.

The photograph opposite shows static contractions performed against a wall. Aim to hold the position for 10 seconds, relax for three seconds and contract again for 10 seconds. Repeat this in each direction for 10 repetitions so long as they do not cause pain.

2. **Rotator cuff exercise**

Using resistance band perform 3 sets of 10 repetitions daily. Have a minute rest between sets. Ensure the resistance band is not too tight.

The exercise should be difficult enough so that you feel it is working by the time you get to the last repetition of the third set.

3. **Alternative rotator cuff exercise**

Using a small weight, place the elbow on a bench or similar with the upper arm horizontal. Rotate the shoulder to lift the weight through as large a range of motion as is comfortable.

Aim for 10 to 20 repetitions or enough to feel the muscles working.

Source: www.sportsinjuryclinic.net