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Orthopedic Surgeon Specializing in Arthroscopy and Sports Medicine

Exercises daily, 3 sets of 20-30 repetitions for each exercise, pain free.

Rotator Cuff Exercises:

Affiliations

Oakland Raiders
*Director of
Orthopedic Surgery*

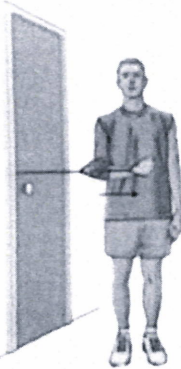
San Francisco Giants
*Orthopedic Surgical
Consultant*

San Jose Sharks
*Asst. Director of
Orthopedic Surgery*

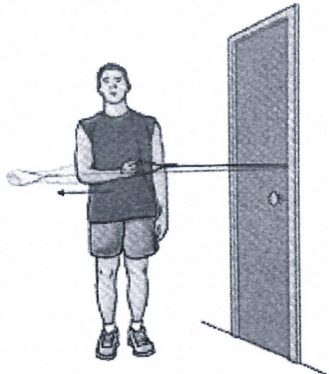
US Soccer
National Teams Programs

US Rugby
*Director of
Orthopedic Surgery*

Internal rotation with weights is done with lying on the side, holding the lower arm bent at the elbow out to the side 90 degrees and slowly turning the arm inward towards the chest. With bands the band should be attached to a door or wall waist high, the patient stands with the arm bent 90 degrees at the elbow holding the other end of the band, the arm should rotate inward while the elbow remains at your side.



External rotation with weights is done while lying on your side, the upper arm bent 90 degrees at the elbow holding the weight and turning it out to the side / up. With bands the exercise is done with the band attached to a door or a wall and the tubing comes across the body into the opposite hand. The arm is bent at 90 degrees at the elbow and slowly rotating the band outwards, pulling the band across the body.



Supraspinatus is done while the patient is standing, holding weights in both arms with the thumbs pointed downwards. Keep the elbows straight and slowly raise the arms out to the side 45 degrees to **just below shoulder height**, bring the weight down slowly. Tubing can be used by having one end around the foot on the same side or opposite side, the other end of the band is in the hand. While the elbow is straight, slowly raising the arm out to the side 45 degrees and up to just below shoulder height, while the thumbs are pointed down. Slowly bring the arms down.



Use hand weights OR tubing.

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