Exercise Band Rotator Cuff



Extraordinary care for every generation.

RESISTED FLEXION



- 1. Anchor rubber tubing to a solid object
- 2. Stand holding rubber tubing in hand with arm in front of body
- 3. Raise arm out in front of your body as shown
- 4. Hold 2-3 seconds
- 5. 10 repetitions, up to 3 sets, 1X day

RESISTED EXTENSION



- 1. Anchor rubber tubing to a solid object
- 2. Stand holding rubber tubing in hand
- 3. Pull arm backward as shown
- 4. Hold 2-3 seconds and slowly lower
- 5. 10 repetitions, up to 3 sets, 1X day

RESISTED ABDUCTION



- 1. Anchor rubber tubing to solid object
- 2. With thumb pointed up, raise ___ arm up to shoulder height
- 3. Hold 2-3 seconds and slowly lower
- 4. 10 repetitions, up to 3 sets, 1X day

Seen Accurate See

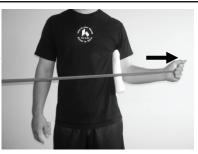
STANDING ROW

- 1. Anchor middle of tubing to solid object
- 2. Hold tubing in both hands, arms straight in front of you as shown
- 3. Bend elbows and pull elbows straight backward (keep upper arm parallel to floor)
- 4. Hold 2-3 seconds and slowly lower
- 5. 10 repetitions, up to 3 sets, 1X day

RESISTED INTERNAL ROTATION



- 1. Anchor rubber tubing to solid object
- 2. Sit or stand with arm at side, elbow bent as shown
- 3. Rotate arm inward toward body
- 4. Hold 2-3 seconds and slowly relax
- 5. 10 repetitions, up to 3 sets, 1X day



RESISTED EXTERNAL ROTATION

- 1. Anchor rubber tubing to a solid object
- 2. Grasp rubber tubing in ____ hand as shown
- 3. Rotate arm outward, keeping elbow bent
- 4. Hold 2-3 seconds and slowly relax
- 5. 10 repetitions, up to 3 sets, 1X day

ELEVATED EXTERNAL ROTATION

ELEVATED INTERNAL ROTATION



- 1. Anchor rubber tubing to a solid object
- 2. Grasp rubber tubing in hand
- 3. Hold arm elevated with elbow bent and fist pointing forward as shown
- 4. Rotate arm upward from the starting position
- 5. Hold 2-3 seconds slowly relax
- 6. 10 repetitions, up to 3 sets, 1X day



- 1. Anchor rubber tubing to a solid object
- 2. Grasp rubber tubing in ____ hand
- 3. To begin, keep arm elevated with the elbow bent as shown
- 4. Rotate arm downward from the starting position
- 5. Hold 2-3 seconds slowly relax
- 6. 10 repetitions, up to 3 sets, 1X day

RESISTED SCAPTION



- 1. Place arm at side with thumb turned upward.
- 2. Hold rubber tubing as shown
- 3. Raise arm upward, to just below shoulder height as shown
- 4. Make sure the arm is positioned 30 degrees forward as you raise it
- 5. Hold 2-3 seconds
- 6. 10 repetitions, up to 3 sets, 1X day

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____ MINS ____ X perday

Ice Cup Ice Bag

Staff_____

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