ROTATOR CUFF EXERCISES

Perform 10-15 reps, 2-3 sets.

Scapula setting

Sit with the pelvis in a 'neutral' position, arms relaxed by your side Draw your shoulder blades up and back, opening your chest.

Shoulder external rotation

Hold your elbow bent to 90', set your scapula. Rotate your hand away from your belly. Hold for 5 seconds, then repeat.

Shoulder internal rotation

Start with your elbow bent to 90' and hand rotated away from your belly. Set your scapula. Rotate your hand towards your belly, hold 5s, repeat.

External rotation in abduction

Hold arms out to the side, at about 90' from your body. Set your shoulder blades. Hold this position then pull back on the resistance band performing the external rotation. Hold 5s, repeat.

These exercises should not cause significant discomfort or pain, if they do, please seek advice from a Physiotherapist.