



THE MOST EFFECTIVE ROTATOR CUFF EXERCISE PROGRAM

Exercises for a Pain-free &
Strong Rotator Cuff

Rick Kaselj of EffectiveRotatorCuffExercises.com

- Client Handout -

Title:

Effective Rotator Cuff Exercises

Edition:

2nd edition (June 2012)

1st edition (November 2009)

Author: Kaselj, Rick, 1973 –

Key words: Rotator cuff, exercise

All rights reserved, except for use in a review. The reproduction or use of the content from this book in any form (electronic, mechanical, or other) is prohibited. Photocopying or scanning any information into a storage or retrieval system is forbidden without the written permission of the publisher and author.

Published by:

RK Healing Through Movement

#199 – 19567 Fraser Highway

Surrey, BC V3S 9A4

E-mail: news@HealingThroughMovement.com

Webpage: <http://www.HealingThroughMovement.com>

Phone: (888) 291-2425

Fax: (604) 677-5425

Exercise Considerations

You or your client are encouraged to consult with his or her physician before beginning the exercises in this book. Your client's physician will determine which exercises are appropriate and if there are any exercises to avoid or modify.

Disclaimer

Effective Rotator Cuff Exercises is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect your client has a health problem, please have him or her seek the services of a physician or healthcare professional.

Exercise is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in exercise and exercise prescriptions are inevitable. The author has checked with sources believed to be reliable in his effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. However, in view of the possibility of human error or changes in exercise science, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.

Most Effective Rotator Cuff Exercises - Client Handout

Cardiovascular													
Exercise	Day												
Elliptical with Arms 	1 set of 10 reps												
Range of Motion / Flexibility													
Lats Stretch – Sagittal 	2 times for 30 seconds												
Lats Stretch – Frontal 	2 times for 30 seconds												
Lats Stretch – Transverse 	2 times for 30 seconds												
Isometrics													
ISOMETRIC - EXTENSION 	1 set of 6 reps												

Most Effective Rotator Cuff Exercises - Client Handout

<p>ISOMETRIC - EXTERNAL ROTATION</p> 	<p>1 set of 6 reps</p>												
<p>ISOMETRIC - SHOULDER ABDUCTION</p> 	<p>1 set of 6 reps</p>												
<p>ISOMETRIC - SHOULDER FLEXION</p> 	<p>1 set of 6 reps</p>												
Scapular Stabilization													
	<p>1 set of 5 reps</p>												

Most Effective Rotator Cuff Exercises - Client Handout

Strengthening												
<p>Sidelying ER with Dumbbell</p> 	1 set of 12 reps											
<p>IR with Elbow Against Body with Tubing</p> 	1 set of 12 reps											
<p>Full Can Exercise with Dumbbell</p> 	1 set of 12 reps											
<p>Bench Press</p> 	1 set of 12 reps											

Most Effective Rotator Cuff Exercises - Client Handout

<p>Dumbbell Row</p> 	<p>1 set of 12 reps</p>												
<p>Dumbbell Press Corners</p> 	<p>1 set of 12 reps</p>												