

Rotator Cuff Conditioning Exercises

with Rick Kaselj, MS

Rick Kaselj – ExercisesForInjuries.com

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Before I Start Recording

- Webinar will be recorded
- I will send you details on how to access the video tomorrow
- Tour of Things / Questions:
 - Enter them into the dialogue box
 - E-mail me your questions to rkaselj@HealingThroughMovement.com
- I know people are busy and will do all I can to wrap up on time
- CEC – I will submit it for CEC
- Send me your feedback
 - Helps improve the webinars
- 100% Guarantee
 - Not happy, I will give you your money back
- Lets get started!

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Effective Rotator Cuff Exercise Program

with Rick Kaselj, MS

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What to Expect

- Common mistakes fitness professionals make with designing an exercise program for the rotator cuff
- The six components of a rotator cuff exercise program
- Exercises to avoid if your client has a rotator cuff injury
- Key exercise modification to help and not harm your client's rotator cuff
- Effective rotator cuff exercise program to help your client recover from a rotator cuff injury

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My Story

- BSc – 1997
- MS – 2008 / RC
- Work – physio, studio, gym, rehab
- Courses
- Writing
- Blog – ExercisesForInjuries.com



Rick Hiking 4300 km / 5 months from Mexico to Canada

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More Free Info on the Shoulder

- **\$299 Fitness Education**
 - Returning the Shoulder Back to Optimal Function Seminar (Detailed Shoulder Anatomy)
 - Exercise Modification for the Sensitive Shoulder Seminar
 - Visit www.ExercisesForInjuries.com

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Rotator Cuff

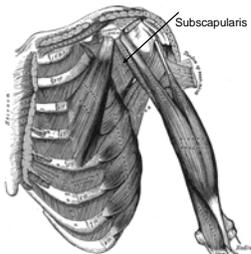
- **Supraspinatus**
- **Subscapularis**
- **Infraspinatus**
- **Teres Minor**
 - Rotator cuff muscles and capsular ligament blend into the fibrous capsule of the GH joint before attaching to Humerus



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Rotator Cuff



- **Distal Mobilizer**
 - Supraspinatus – moves humerus
- **Dynamic Stabilizer**
 - Stabilizes and centralizes humeral head against glenoid fossa

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Rotator Cuff



- Supraspinatus (7) produces a compression force into glenoid fossa which stabilizes humeral head
- Subscapularis, Infraspinatus (8), Teres Minor (6) produce inferior directed translation force on the humeral head
- Infraspinatus (8) & Teres Minor (6) external rotate humeral head & in frontal plane helps ER so greater tubercle cleared

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Rotator Cuff

- **External Rotation**
 - Infrapinatus, teres minor and posterior deltoid
 - Supraspinatus – assists between neutral and full ER
- **RC**
 - Small percentage of total muscle mass in the shld
 - Creates smallest isometric force of all shld muscles
 - High-velocity concentric contractions
 - Eccentric activation decelerating internal rotation

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Supraspinatus

- Most utilized muscle in shoulder
- Assists deltoid in ABD
- Dynamic stability
- Static stability (at times)
- Create 20 greater force than what is in the hand

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Dysfunction

- **Supraspinatus**
 - Count counter deltoid superior force
 - therefore humeral head jammed into coracoacromial arch
 - Decrease shoulder abduction
- **Subscapularis / Infrapinatus / Teres Minor**
 - Count counter deltoid superior force
 - therefore humeral head jammed into coracoacromial arch
 - Decrease shoulder abduction

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Common Mistakes Fitness Professionals Make with Designing an Exercise Program for the Rotator Cuff

1. Focusing on strength
2. Ignoring isometrics
3. Ignoring range of motion
4. Not addressing scapular stabilizers



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The Six Components of an Effective Rotator Cuff Exercise Program

1. Ignoring Cardiovascular Conditioning
2. Range of Motion / Flexibility
3. Isometrics
4. Scapular stabilization
5. Strengthening
 1. Isolation
 2. Integration
6. Modification – ADL / Exercise

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#1 - Cardiovascular Training

- **Cardiovascular**
 - UBB
 - Stair climber with arms
 - Dynamic warm up



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#2 - Range of Motion / Flexibility

- **Range of Motion**

- Internal Rotation
- External Rotation
- Abduction
- Shoulder Flexion



End Range ER

- **Address this with stretching and isometr**

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#2 - Range of Motion / Flexibility



End Range Flexion



End Range Abduction

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#2 - Range of Motion / Flexibility

- **3D Lats Stretch – 3 minutes**

- Sagittal Plane
 - Flexion
- Frontal Plane
 - Abduction
- Transverse Plane
 - External Rotation



Lat Doorway Stretch

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#2 - Range of Motion / Flexibility



Praying Stretch



Passive ER Stretch

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#3 - Isometrics

• Isometrics – 3 minutes

- Flexion
- External Rotation
- Abduction & Extension

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#3 - Isometrics



Iso Flex



Iso ER

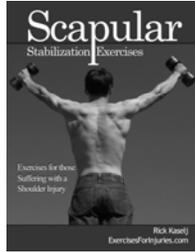


Iso Abd Ext

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#4 – Scapular Stabilization Exercises

- **Scapular Stabilization Exercises – 4 minutes**
 - More details in Scapular Stabilization Exercises Webinar



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Scapular Stabilization Exercises

- **Scapular Clock**



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#5 Strengthening

- **Isolation Strength Exercises – 3 to 5 minutes**
 - Sidelying External Rotation with Dumbbell
 - infraspinatus & teres minor
 - Full Can Exercise with Dumbbell
 - supraspinatus
 - Internal Rotation with Elbow Against Body with Tubing
 - upper and lower subscapularis
- More Details in Exercise Rehabilitation of the Rotator Cuff Webinar

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Isolation Strength Exercises



Sidelying ER with DB



Full Can Exercise with Dumbbell



IR with Elbow Against Body with Tubing

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#5 Strength

- **Integration Strength Exercises – 3 to 9 minutes**
 - Push
 - Pull
 - *Press
- **Clear to do lower body exercises**

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#5 Strength



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#5 - Strength

- **Machines**
 - Seated Low Row
 - Seated Chest Press
 - *Seated Press
- **Dumbbells**
 - Chest Press Elbows In
 - Single Arm Row
 - Shoulder Press Narrow
- **Pulleys**
 - Seated Row
 - Low Cable Cross
 - *Press Up
- **Notes**
 - Avoid barbells
 - IR
 - Restrict shoulder

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#6 – Modification / Key Exercise Modification to Help and Not Harm Your Client's Rotator Cuff

- **Scaption**
 - If move into the scapular plane greater tubercle moves under the high point of the coracoacromial arch
- **Decrease Grip Width**
 - Wider load puts great stress on rotator cuff
- More Details in Save Your Client's Shoulder Webinar



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#6 – Modifications - Exercises to Avoid if Your Client has a Rotator Cuff Injury

- **Avoid**
 - Behind the Neck Shoulder Press
 - Behind the Neck Pull Ups
 - Behind the Neck Lats Pulldown
 - High Elbow Seated Row
- **Limit**
 - Front Raises
 - Lateral Raises

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Effective Rotator Cuff Exercise Program
- Summary -

1. Cardiovascular – 5 minutes
 2. Range of Motion / Flexibility – 3 minutes
 3. Isometrics – 3 minutes
 4. Scapular stabilization – 4 minutes
 5. Strengthening
 - Isolation – 3 minutes
 - Integration – 9 minutes
 6. Modification – ADL / Exercise – 0 minutes
- Total Time – 26 minutes

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Thank You

- **Send me your questions!**
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