

## Rotator Cuff Strengthening

**Goal:** Strengthen the rotator cuff to aid in shoulder strength and pain free range of motion

### Sidelying external rotation:

**Start:** Lie on your non-throwing or non-effected shoulder with towel roll between trunk and elbow of arm closest to ceiling.

**Action:** Squeeze your shoulder blade back and down as you rotate your hand to just above parallel with floor.

\*Work up to 30 repetitions then light weight progression: ½ lb, 1 lb, 2 lb max

Repetitions:

Times Per Week:



### Prone external rotation:

**Start:** Lie on your stomach on a supportive surface. Have your upper arm supported and your forearm/hand off the surface and hanging down.

**Action:** Lift your hand towards the ceiling, creating a rotation at your shoulder while squeezing your shoulder blade together and down as you perform this motion.

Repetitions:

Times Per Week:

