

MILLS CHIROPRACTIC CENTER

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Rotator Cuff

Do 3 sets of each exercise, with 12 – 15 reps and a resting period of 30 – 60 seconds.



Shoulder External Rotation – Side Lying

Lying on side with elbow side bent 90⁰ and holding weight against stomach. Raise weight up and away from body in a circular motion keeping elbow tight to side of body.



Shoulder Internal Rotation - Side Lying

Lying on side in a comfortable and stable position. Hold weight in the bottom hand with palm up and elbow bent to 90⁰ Rotate the arm up lifting the weight up perpendicular to the floor. Slowly lower and repeat.



Rotator Cuff Supine

Lying on back. Raise elbows to shoulder level and hold weights with palms facing up. Raise weight up in front by rotating arms.