

# 3 EASY ROTATOR CUFF EXERCISES

## THE DOORWAY STRETCH

For this exercise, stand in a doorway and hold a folded towel for stability. Then, place your hand on the door frame and push into it with your shoulder in a twisting motion. Keep your back straight. This is more of a stretch than a repetitive exercise. The goal is to work the rotator cuff lightly to build a base of strength and endurance. Press into the doorframe with each arm for a count to ten, then rest. Repeat this 3-5 times each set. The goal here is simple resistance. If your client feels any pain, stop immediately.



## RESISTANCE BAND LAWNMOWER PULLS

Attach your resistance band under your foot. With the same side's hand, pull the resistance band back and up, parallel with the shoulder with your elbow fully bent. Repeat this ten times per set, and on each side. Eventually, once the shoulder is strong enough, you can substitute weights for the resistance bands.

## RESISTANCE BAND ROWS

With these, you want to work a sequence of high and low rows in order to get the entire muscle group. Although these primarily exercise your lats, they will have the ancillary effect of strengthening your rotator cuff as well. To get an added bonus, hold each repetition for 3-5 seconds before releasing.

