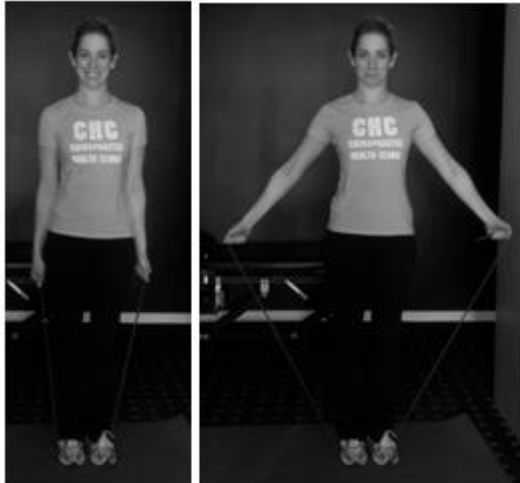






## INTERMEDIATE SHOULDER: ROTATOR CUFF EXERCISES

Exercise	Description	Sets/Reps
	<p><b>Scaption</b> With your arms at your sides, brace your abs and set your shoulder blades. Point your thumbs outwards, away from your body. Slowly raise your arms to approximately 15 degrees, and then return to the starting position in a controlled manner. Perform unweighted or with light weights, as instructed by your Chiropractor.</p>	3 sets of 10 reps

## INTERMEDIATE SHOULDER: ROTATOR CUFF EXERCISES

	<p><b>Internal Rotation</b> Tie your resistance tubing (or band) to a doorknob or other stable object. Begin with your arm at your side and your elbow bent to 90 degrees. Holding on to the tubing, internally rotate your arm until your hand touches your stomach. Slowly return to the starting position.</p>	<p>3 sets of 10 reps, each arm</p>
	<p><b>External Rotation</b> Tie your resistance tubing (or band) to a doorknob or other stable object. Begin with your elbow bent to 90 degrees and your hand held out in front of you. Holding on to the tubing, externally rotate your arm as far as you can. Slowly return to the starting position.</p>	<p>3 sets of 10 reps, each arm</p>

## INTERMEDIATE SHOULDER: ROTATOR CUFF EXERCISES



### **Push-ups Plus on the wall**

Stand facing a wall. Place your arms on the wall at shoulder height. Perform a push-up on the wall, but when you return to the starting position, continue pushing upwards so that your shoulder blades round forwards.

Pictures at left show progression to performing this exercise in normal push-up position.

3 sets of 10 reps