

Rotator Cuff Exercises

*** Always use light weights when performing these exercises:**

1. Standing or Sidelying Shoulder Abduction
2. Standing or Sidelying Shoulder External Rotation
3. Standing or Sidelying Shoulder Internal Rotation
4. Horizontal External Rotation
5. "Empty Can"
6. Straight Arm Circles
7. Lateral to Front Raise to Reverse Fly(shoulder series)
8. Straight Arm Shoulder Flexion to Shoulder Extension
9. Behind the Back Press Outs
10. Standing Barbell Scapular Elevation
11. Stability Ball Scapular Depression
12. Bench Scapular Depression
13. Weighed Pole Series
14. "Alphabet" Drill
15. Mb Push-ups (2 balls/1 ball)